

Central Coast  
**Home & Lifestyle**

**FREE**  
Winter 2017



Home Makers - Men and Women's Health - Nutrition - Entertainment - Recipes - Fashion

## Think beautiful, cosy, colourful and textured styles

EMU Australia is a premium Australian footwear brand that believes in beautifully simple and comfortable products that improve the journey, wherever life takes you. Born from coastal origins, EMU Australia blends innovation and craftsmanship with the best natural materials, delivering comfort 365 days a year. With a rich heritage in authentic Australian-made sheepskin products, EMU Australia is influenced by their 'Ever Natural' surroundings, from natural textures and earth-inspired palettes, to local cultural influences, forming a fresh new design approach to ready-to-wear fashion footwear. Learn more about EMU Australia and their unique product offerings on [www.emuaustralia.com.au](http://www.emuaustralia.com.au). Free shipping on all orders.



## door master security

- Crimsafe 304 grade stainless steel mesh security doors and screens
- New Crimsafe Ultimate with 15 year warranty
- Newly refurbished showroom

1/8 Bon-Mace Close | Berkeley Vale

PHONE 4388 4090

[www.doormaster.com.au](http://www.doormaster.com.au)



CRIME PREVENTION PARTNERS

\*Terms & conditions apply



## Light is *creative* energy

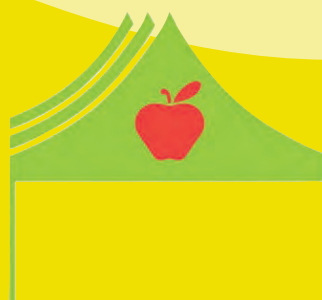
Light brings structure, change and movement. The way we perceive an object or environment largely depends on the lighting situation. Does a space look interesting or monotonous, inviting or oppressive, homely or sober? Light creates the mood. Light can be used to give a space a very personal stamp, make it look bigger and upgrade its practical and aesthetic value.

Refine your furniture and furnishing concepts with the sensitive power of light. Transform nondescript rooms into vibrant living spaces. This is where Magic lights give you all the options: compact, energy-saving LEDs you can discreetly integrate into furniture; intelligent lighting control that conjures the perfect feel-good ambience at the press of a button. [www.hettich.com.au](http://www.hettich.com.au)

## The Entrance Market

every Saturday  
Memorial Park 9-2  
Rain or shine!!

[www.organicfoodmarkets.com.au](http://www.organicfoodmarkets.com.au) | P. 9999 2226



- Fresh Produce
- Homewares
- Pony Rides
- Fashion

Publisher/Editor Alison Robinson  
Typesetting and design Hub Graphic Design  
Nicole Chambers  
nicole@hubgd.com.au  
Advertising contact Alison Robinson  
alisonrobinson@centralcoastmagazines.com.au

**0408 630 214 | 4339 4190**

**Contributors**

Guy Thornycroft  
Pro Flooring - Flooring Specialist

Jorge Chavez  
Chiropractor

Sam Howard  
Laserclear

Ryan O'Neill  
Gizmotots

Sharon Tieman  
Managing Director Premier Shades

Anna Abdul Ahad  
The Ortho Practice

Geoff Garlinge  
Certified Health Counsellor Dip.HC MRA  
(Medical Register of Australia)  
Nutritional & Nutraceutical Cancer  
Support Specialist

Printed By Spotpress Pty Ltd - 02 9549 1111

Central Coast Home & Lifestyle Magazine ABN 77 022 324 758  
PO Box 6326 Kincumber NSW 2251

To subscribe for FREE eMagazines each issue go to  
[www.centralcoasthomeandlifestyle.com.au](http://www.centralcoasthomeandlifestyle.com.au)

Conditions: Articles in the 'Central Coast Home & Lifestyle' magazine express the opinions of the contributors and not necessarily those of the 'Central Coast Home & Lifestyle' magazine. No responsibility is accepted for the accuracy of any statement contained in the text or advertisements. All material appearing in the magazine is copyright. All rights reserved.

## The editor's note...

Dear Readers, the year is certainly moving along quickly and I personally am enjoying the cooler weather and hope you are also. We have a couple of delicious recipes in the magazine this edition to warm you up, especially my simple yet tasty, Indian Keema curry sausage rolls, something a little different...for all curry lovers.

We have some men and women's fashion ideas and some great health tips and facts about nutrition, and understanding the science of food for you. We try to include topics that will relate to your whole family and that will be very beneficial to everyone's health and wellbeing. We all approach a certain age where it is time to radically overhaul our lifestyle and prioritise our fitness levels, and alleviate the stresses in our lives to live a calm and peaceful existence. This is good not only for our bodies, it is important for our souls.

Watching those around us who live life well can inspire us to be the best we can be, to make our lives easier and to help us feel happy and fulfilled. You may have a role model who inspires you or you may be a role model for someone in your life.

One of the secrets of longevity is movement. Don't be a couch potato this winter, it is time to do some things around your home, which will improve the value of your property and most importantly to make your personal space a place you look forward to being.

We have featured some of our popular local venues for you, for those days or nights when you feel like going out to be served with a delicious meal or to catch some live local entertainment.

Take good care and be sure to keep warm...Enjoy our beautiful Central Coast.

*Alison*

## Control your indoor/ outdoor living space

Revolutionise the way you create and control your indoor/outdoor environment with LouvreTec's new generation of Opening Roof systems. Whether you are building or renovating an Opening Roof will ensure you make the most of the outdoors. Enjoy shade and a mid-summer breeze and set the conditions as you choose, reducing heating and cooling costs.

All LouvreTec range of opening roofs are available through Louvreland on the Central Coast. You benefit by using Louvreland because we are your local LouvreTec authorised dealer. All roofs are backed by their comprehensive warranty and after sales service. We only use Marine grade T316 Stainless Steel and UV Stabilised Plastic injected moulded components in all of our opening roofs. We can offer you a huge range of modern colours from our Duralloy Powder Coat range. All LouvreTec opening roofs can be manually operated or fitted with the European Somfy Motors and controllers and there are seven different styles to choose from. The perfect finishing touch to your deck, verandah or pool area.

Contact us for a free onsite quotation visit on 4324 2007 or 0413 886 674  
[www.louvreland.com.au](http://www.louvreland.com.au)



## Range Hood Benefits

When considering the many appliances you have in your home, a range hood is among the less obvious and least appreciated. In addition to providing valuable filtering support for your stove or cooktop, range hoods are designed to expel gases and odours from inside your home. Without a doubt, they are easily one of the most important appliances you can have in your home.

There's no denying that kitchen range hoods provide many important benefits that protect your health and provide a comfortable, clean environment for cooking and living in your home. From the obvious benefits of protection from toxins and unpleasant odours to the not-so-obvious benefits of a cleaner home and cooking creativity, a vent hood is an important asset to your home and your health.

Consider these invaluable benefits of a range hood, fully research each one and consult with your contractor before you buy. Each brand will have a slightly different warranty and installation requirements, but if you choose the right one, you'll be cooking in style for many years to come.

In today's real estate market, range hoods are expected to be found in every kitchen. If you don't have one, it could actually hurt the resale value of your home. People have come to expect this luxury, and if you don't have one, it may deter people from buying your home.



3 Pacific Street  
\$3,300,000



29 Reads Road  
\$2,600,000



11 Remembrance Drive  
\$2,125,000



50 McGee Avenue  
\$1,525,000



36 Bundara Avenue  
\$1,469,000



20 Old Gosford Road  
\$990,000



15 Bundara Avenue  
\$900,000



48 Lakeview Road  
\$750,000

Raine & Horne Terrigal, quietly and efficiently going about the job of getting the best prices in your area.

Call us for a confidential chat if you are planning on selling or simply interested in a price assessment of your property.



**Raine & Horne**  
Terrigal

[rhcoastal.com](http://rhcoastal.com)

**Tim Eaton**  
0409 243 464  
[tim@rhcoastal.com](mailto:tim@rhcoastal.com)

**Packed with nutrients, legumes are nature's almost-perfect food.**



**L**entils, a small but nutritionally mighty member of the legume family, are a very good source of cholesterol-lowering fibre. Not only do lentils help lower cholesterol, they are of special benefit in managing blood-sugar disorders since their high fibre content prevents blood sugar levels from rising rapidly after a meal. But this is far from all lentils have to offer. Lentils also provide good to excellent amounts of seven important minerals, our B-vitamins, and protein—all with virtually no fat. The calorie cost of all this nutrition? Just 230 calories for a whole cup of cooked lentils. This tiny nutritional giant fills you up—not out.



Lentils, like other beans, are rich in dietary fibre, both the soluble and insoluble type. Soluble fibre forms a gel-like substance in the digestive tract that snares bile (which contains cholesterol) and ferries it out of the body. Research studies have shown that insoluble fibre not only helps to increase stool bulk and prevent constipation, but also helps prevent digestive disorders like irritable bowel syndrome.

Lentils' contribution to heart health lies not just in their fibre, but in the significant amounts of folate and magnesium these little wonders supply... Want to literally keep your heart happy? Eat lentils.. If you have insulin resistance, hypoglycemia or diabetes, legumes like lentils can really help you balance blood sugar levels while providing steady, slow-burning energy.

In addition to providing slow burning complex carbohydrates, lentils can increase your energy by replenishing your iron stores. Particularly for menstruating women, who are more at risk for iron deficiency, boosting iron stores with lentils is a good idea—especially because, unlike red meat, another source of iron, lentils are not rich in fat and calories. Iron is an integral component of hemoglobin, which transports oxygen from the lungs to all body cells, and is also part of key enzyme systems for energy production and metabolism. And remember: If you're pregnant or lactating, your needs for iron increase. Growing children and adolescents also have increased needs for iron. Lentils are an excellent source of molybdenum and folate. They are a very good source of dietary fibre, copper, phosphorus and manganese. Additionally they are a good source of iron, protein, vitamin B1, pantothenic acid, zinc, potassium and vitamin B6. Try our tasty Lentil recipe.

## *Delicious Winter Warmer Hot Red Lentil Soup*

**Serves 4.**

### **Ingredients:**

3 tblsp olive oil  
4 cups chicken or vegetable stock  
1 onion, chopped  
2 bay leaves  
2 celery sticks, chopped  
1 lemon, halved  
2 carrots, sliced  
1/2 tsp ground cumin  
8 garlic cloves, crushed  
cayenne pepper to taste  
1 potato, peeled and diced  
salt and ground pepper  
1 cup red lentils  
1 cup fresh flat leaf parsley

1. Heat oil in a large pan. Add the onion and cook for 5 mins or until softened. Stir in celery, carrots, garlic, potato. Cook for a few minutes until begins to soften.
2. Add the lentils and stock to the pan and bring to the boil, stir.. Reduce heat, cover and simmer 30 mins, or until potato and lentils tender.
3. Add the bay leaves, and half the lemon to the pan and cook for further 10 mins. Remove the bay leaves. Squeeze in the remaining lemon and add the parsley then stir into the soup.
4. Stir in the cumin, cayenne pepper and season with salt and pepper.

*Serve or If you prefer you can blend the soup until smooth.*

# Having decided on a timber look for your new floor, you are now faced with a seemingly endless range of options! Here's what to think about... by Guy Thornycroft



## 1. Traditional vs Modern

Over recent years we have seen the white wash / lime wash / beach cottage effect come into its own. This trend will continue for a while yet. Traditional country-kitchen looking floors will do the same and there are a wonderful range of "Reclaimed Timber" options in Laminate, Bamboo and engineered Timber. Modern finishes include all the high gloss options with less variation in the colour or texture of each plank. Gloss vs Matt

While a high gloss finish gives a classy, formal impression, a matt surface might be more suitable for busy families with pets, simply because it shows less dust and scuffs etc. Are you an active family with open doors and people in and out, or is a more formal look what you are after?

## 2. Degree of feature, knot and grain

On a small sample, a plank with many knots, strong crown grain and features can look busy, but when it is laid in a larger area the eye does not see the individual marks but the impression and overall colour of the floor. No one on entering a room focuses on a single plank. On the other hand if you want the floor to be more of a blank canvas to display your furniture on, bamboo has very little feature and will give you that effect.

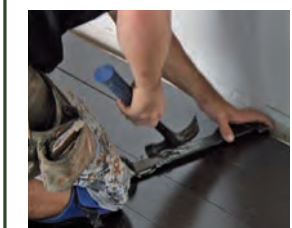
## 3. Light vs Dark

Light colours in small areas may give an impression of space, while darker floors will accentuate softer coloured walls or furniture. The darker colours will create a more dignified and stately effect while the lighter colours will brighten a room.

Be mindful of the style and colours of the furniture that will be in the rooms!

Be sure to borrow samples to look at in your home as the lighting will be very different to that in the shop.

**Call or email us with any questions you have**  
**Phone 4342 6666 or [info@proflooring.com.au](mailto:info@proflooring.com.au)**



# Quality Bamboo Timber & Laminate Flooring

Large Showroom  
Free Measure and Quote  
[www.proflooring.com.au](http://www.proflooring.com.au)

**PRO FLOORING**

258 West Street, Umina Beach | P:4342 6666 | email:[info@proflooring.com.au](mailto:info@proflooring.com.au)



# ask THE EXPERT

BY GEOFF GARLINGE

**Q: I am overweight by around 15 kilos and shocked to have just been diagnosed with Type 2 diabetes at only 36. My wife has tried to get me to see a doctor for the past few years and I know I really should have way back. It's hit me really hard and I'm definitely ready to face reality now. I'm also relieved to finally find out why I continually urinate, suffer with severe cramps that sometimes even wake me up, and am constantly super thirsty and hungry all the time. Not long after lunch each day I get fatigued and lately even my eyesight has deteriorated. This is probably my major concern that has actually motivated me to finally seek help. Until now I've never taken any medication. It broke my heart to see prescription drugs slowly wreck my parents' lives when they both started out so healthy and strong. Now I know what's actually wrong with me, I really don't want to go down that road. Please advise the best natural way to go and I will do whatever is necessary.**

A: Though it's always sad to hear of yet another person so relatively young like yourself suffering unnecessarily, it's nevertheless great to hear you are taking your condition seriously now and willing to make required lifestyle changes. Too many people and especially Aussie men simply wait too long to seek a diagnosis of the disease and then act upon it, with devastating effects that in some cases tragically cost them their lives. Better health education could have saved you and a multitude of others from ever getting into this predicament and you will be wise to prioritize the pursuit of such knowledge in the future. Whilst specific supplementation is indeed necessary to get the results you need in order to turn your life around, embracing a functional & sustainable lifestyle is the only answer. The good news is that Type 2 is naturally reversible over a relatively short period of time pending strict compliance. Some years ago I wrote an article titled "**Type 2 Diabetes - The Modern day Epidemic**" which was published in National Diabetes Week and is still freely available to the general public from my office. I recommend you to obtain a copy without delay, as it will provide crucial elaboration to empower you to follow through on your decision to as you state "face reality", along with specific advice concerning how to break free of the condition. One thing I will say here is that having travelled extensively as part

of my research, and in the process spending time among both the richest & poorest cultures, sugar is the No.1 cause of not only the Diabetes disaster - but also inflammation leading to a range of diseases and debilitating conditions that are robbing young & old alike of the chance to live vibrant healthy lives. Therefore, you need to be totally ruthless in immediately removing and throwing out all negative and counterproductive substances from your pantry & refrigerator. As a starting point, you must ABSTAIN from all processed food, cakes, sweets and alcohol. You'll need a nutrient rich diet, correct supplementation, daily walks/swimming and adequate sleep (and don't worry, we have the natural solution to help with this too). You can take heart in the understanding that, while generally in our society Type 2 Diabetes actually does devastate many lives - this however doesn't mean the totally reversible condition needs to be a life sentence. With better lifestyle choices coming your way, the present dilemma will gradually become a distant memory for you. Hopefully you will then use your experience to assist others to learn by your mistakes rather than their own...as you power on into middle age & beyond.

**Q: I'm always getting unsightly cold sores and occasionally painful mouth ulcers that seem to take ages to heal too. What causes them and what's the best way to stop them happening? My energy levels are low and I can't remember the last time I felt really well, so could do with some tips on basically getting revved up naturally too.**

A: Both mouth ulcers and cold sores are strong indicators that all is not well within the body.

If these signals are not addressed, they can and do often lead to far more serious conditions such as Chronic Fatigue. Often brought on by over exercising/work related overload, both these nasty and painful eruptions arise from the body's inability to cope with stress and attack. Whilst it's true that Lysine will cause cold sores to subside, this doesn't alter the fact that they are brought on by the Herpes Simplex 2 virus. This is also why the antiviral properties of Propolis act rapidly when used topically in tincture form to cause the blisters to disappear (same goes for mouth ulcers). As amazingly impressive and also relieving as

this is, it still doesn't address the root cause. Their constant presence may actually emanate from other underlying health problems including being deficient in iron (anaemic), allergic to fluoride/Gluten (in wheat, barley, rye & oats) or suffering with IBS (Inflammatory Bowel Disease). Nevertheless, such chronic manifestations together are a sure sign that your immune system is in need of stimulation. Indeed, everyone should always be thinking this way, as prevention is of course always better than cure. Vitality returns as a direct result of boosting immune function, which is a great bonus for you to look forward to as you implement the correct natural strategy to stop the painful and frustrating cycle you've been stuck in for so long. Again, Propolis is one of the major components to be taken internally on an ongoing daily basis. However, as with most natural remedies there are always the genuine article and the counterfeit, and Propolis is a classic example. Higher dosages such as 2000mg capsules mean very little if they don't contain a quality standardized extract. Having worked together my colleague George Kowalski since the 1980s when we began educating & supplying Propolis in Australia and abroad, I do well understand the power of real Propolis. Used in conjunction with the correct form of Vitamin C, the results are so profound that we employ this synergistic combination in many Cancer support programs where the immune system has been decimated by chemotherapy. Even in these extreme situations, positive effects are soon evident and patients rapidly regain their long lost strength, experience pain relief and yes...chronic mouth ulcers disappear without reoccurrence. In your particular case, along with Propolis and Vitamin C you will need to take Astraforte, Co-Enzyme Q10 (Advanced Life), Olive Leaf Extract Activate Plus and Australian Alkoxyglycerols. Build up slowly to 1 level tablespoon of Organic Bee Pollen granules morning and night sublingually before breakfast and dinner. As always the road back to a vibrant healthy life is by eating well, staying hydrated, exercising moderately and getting adequate rest. Stay away well away from all processed foods. Keep it real, enjoy plenty of Organic produce (especially avocados), Hemp Seeds, Pure Egg Protein, clean oily fish, nuts, seeds, Tahini & Jarrah/WA Red Gum Honey. Be consistent and you will be finally free of your problems and full of energy again...and getting adequate rest. Stay away well away from all processed foods. Keep it real.

© 2016 GEOFF GARLINGE Dip. HC MRA (Medical Reg. Aust) - Geoff Garlinge is a Certified Health Counsellor, Nutritional and Nutraceutical Cancer Support Specialist & consultant to Australian University research facilities and the Natural Health Industry. With over 25 years experience in the field, Geoff has lectured with doctors, pharmacists & CM Practitioners concerning natural health strategies. The author of many articles in national publications and founder of AUSTRALIA'S OWN which he has headed up for the past 20 years, Geoff may be contacted there on 1300 888 012



# GLOWING HEALTH

## START REALLY ENJOYING LIFE!

\*REAL SUPERFOODS & BIO-AVAILABLE PROBIOTICS

\*NATURAL PAIN RELIEF

\*SUSTAINABLE WEIGHT LOSS

\*NUTRACEUTICALS, VITAMINS & MINERALS

\*DELICIOUS RANGE OF ORGANIC FERMENTED VEGIES

\*GREAT VALUE ACO HEMP PROTEIN, SEEDS & OIL

\*UNIQUE HERBAL REMEDIES

\*ESSENTIAL OILS

\*QUALITY PROTEINS

\*BEST HONEY & HONEYCOMB

\*BEE POLLEN

\*PROPOLIS

\*FRESH ROYAL JELLY

GENUINE ORGANIC COCONUT OIL & MUCH MORE....

**"CARING FOR YOUR QUALITY OF LIFE"**

**CALL 4333 6511 for friendly expert advice**

**NUTRITIONAL CANCER SUPPORT**

Mon-Fri 9am-5pm

Sat 10am-2pm

27 Fairview Ave, The Entrance  
(Opposite Centrelink)

**WE NOW HAVE  
CERTIFIED ORGANIC  
FRUIT & VEGGIES**



# Heart Health Tips from Top Cardiologists



*There are lots of ways to keep your ticker in tip-top shape. Some of the more obvious ones are eating a heart-healthy diet, being active, maintaining a healthy weight, managing your cholesterol and blood pressure, and quitting smoking. But there are some less obvious - and even fun - things you can do to ward off heart disease.*

**CHOOSE (DARK) CHOCOLATE** - Dark chocolate has flavonoids in it. Flavonoids are powerful antioxidants that protect us from toxins that are created in our bodies. Dark chocolate helps dilate your blood vessels, can lower your blood pressure, makes your blood less sticky so you don't clot as much and can lower the bad cholesterol. But the science has shown that it's really hard dark chocolate. You don't want to pour melted dark chocolate on a marshmallow. That's defeating the purpose. A small amount of those little dark chocolate squares that's what's good for you.

**WALKING-** You can get significant heart benefits by walking for as little as 30 minutes a day. And a study shows that by doing a total of two-and-a-half hours of moderate-intensity activity (such as brisk walking) every week, you can lower the risk of heart disease by 14%.

**GET IT ON** -Having sex increases the immune system, decreases inflammation and

helps us in maintaining healthy and loving relationships. If you've had heart disease or you're trying to prevent heart disease, I will tell you that having regular sex with a loving partner is part of the deal.

**SQUASH STRESS** - Stress is really bad for your heart. It has direct toxic effects on our hearts because when we get stressed we release stress hormones, adrenaline and cortisol. Those cause our heart rate to go up, our blood pressure to go up, our body becomes inflamed, inflammation goes up and our blood becomes thick and sticky. All of those things together cause a perfect storm for a heart attack. Stress also causes indirect problems. When we're stressed we tend to exercise less, we tend to grab for comfort foods and overeat and we also try to self-medicate by drinking and smoking. So the direct and indirect effects are what really take a toll on our heart.

**FOCUS ON FLAXSEED** - Flaxseed has been shown in clinical trials to affect low-density

lipoprotein (LDL) cholesterol and lipoprotein (a), both of which increase the risk for atherosclerotic diseases (i.e. coronary heart disease, stroke). It is also beneficial in reducing blood pressure and inflammation and does not adversely affect HDL (good cholesterol).

**KNOW WHEN TO WORRY** - More men are going to present with classic chest pain symptoms. The problem for women is they don't always present with classic symptoms. What I found in women over 70 years old, their first feature is actually fatigue, then they start having shortness of breath. And then, usually women will start having some chest discomfort, but it may not be the classic pressure. There might be some neck pain, might be arm discomfort, it may be more sharp pain. What you then ask for is the history of fatigue and shortness of breath. If that's there, you know you have a female with a high likelihood of having coronary disease.

If you have any concerns contact your doctor immediately.

## EMU for KIDS

shop online: [www.emuaustralia.com.au](http://www.emuaustralia.com.au)

Free shipping on all orders





# Chainsaws for Winter

Italian machines that provide quality and reliability.

**GS35C**



**\$399**

HURRY IN!

**Versatile and full of features.**

- 38.9 cc 2 hp (1.5 kW) output
- 4.2 kg weight 16" bar length

**937**



**\$459**

HURRY IN!

**Compact and tough for its size.**

- 35.2 cc 2.2 hp (1.6 kW) output
- 4.1 kg weight 16" bar length

**952**



**\$889**

HURRY IN!

**Excellent power to weight ratio.**

- 51.7 cc 3.4 hp (2.5 kW) output
- 5 kg weight 18" bar length

**BUSHRANGER™**  
POWER EQUIPMENT



**46TK6M**

**Hassle-free mowing.**

- Kohler Courage XT675 engine
- 18" cut and pressed steel chassis

AUSTRALIA'S  
**MOST WANTED**  
LAWNCARE PRODUCTS



**46TB6M**

**Mulch and catch to perfection.**

- Briggs & Stratton 625 engine
- 18" cut and pressed steel chassis

**RAPTOR 42"**

**Delivering overall value.**

- 21.5hp Kawasaki FR651 engine
- Smoothtrak™ steering



**HUSTLER**



PRICES FROM  
**\$6599**  
HURRY IN!

**cutting edge**  
Outdoor Power Equipment

**1/30 Empire Day Drive,  
KINCUMBER 2251 | PH 02 4368 1885**

**YOUR LOCAL OUTDOOR POWER EQUIPMENT STORE. SERVICE, SALES AND REPAIR.**

# INSTEP FOOTWEAR

ZIERA Orthotic Friendly

Winter Range



Calypso



Envy



Snow



Sunrise



Serenity



Renegade



Crystal

*'Good Old Fashioned Service  
with a Smile'*

SHOP 136, IMPERIAL CENTRE  
GOSFORD PH 4324 2264

## Every foot is different

ZIERA is the most recommended footwear brand by podiatrists and other medical professionals and the major focus for Ziera is the wide range of orthotic friendly shoes with styles to suit any lifestyle. For women's casual shoes, dress shoes, walking shoes and corporate classics; Ziera orthotic-friendly shoes have extra depth and a removable inlay to accommodate your custom orthotic.

Orthotics can help relieve and prevent back or knee problems due to pronation or over pronation of the feet, tired/ aching feet, heel and arch pain, sports-related pain, problems linked to diabetes and problems associated with arthritis. To be really good for your feet, shoes need more than just depth. That's why we offer plenty of stylish options with adjustable fit, generous width, roomy toe area, padded toplines, strong steel shanks and the support you need. Instep Footwear have been providing quality footwear and service for over 25 years in Gosford's Imperial Centre. Located on the lower level near The Reject Shop come and see our new look shop for many exciting options. Popular brands like Skechers, Django and Juliet, Zeta and Cabello are just some of the many brands we offer with lots of options in great fashion styles but still having nice comfort and fit. Saramanda, Florsheim and Bernard are just a few of the Men's quality brands of shoes we stock also. Mens RFID leather wallets are very popular as they provide security from scamming of credit cards.

Our selection of ladies handbags receive many great reactions from our customers. Serenades unique Patent Leather bags and wallets in various colours and styles are always eye catching. Gabee and Modapelle hand painted leather bags and wallets are very popular and Cadelle provide many options of handbags and wallets in beautiful soft leathers and various colours. Sasha Weave plaited leather handbags are suitable for all occasions in many various colours also. Come in and see us and we will help you make the right choice. Shop 136, Imperial Centre, Gosford **Phone: 4324 2264**



*Scrumptious  
Indian Keema  
Sausage Rolls  
For Curry  
Lovers...*

### Ingredients:

1 tablespoon oil  
500g minced beef  
1 Onion, finely diced  
2 Cloves garlic, crushed  
1 tablespoon ginger, grated  
1 large potato, cut into 3 cm chunks  
2 Carrots, cut into 3 cm chunks  
1 cup frozen peas  
2 tablespoons tomato paste  
400ml Beef stock  
1 egg, whisked  
Sesame seeds  
Puff pastry sheets  
2 tablespoons Hot Curry powder  
or to taste  
2 heaped teaspoons cornflour  
(made into a paste)

### Method: Pre-heat Oven 220 degrees

1. Heat oil, add beef, season and brown then set aside.
2. Heat oil, cook onion, garlic and ginger to soften.
3. Add potato, carrots, peas and curry powder and cook for a few minutes.
4. Add tomato paste and 400 ml of stock.
5. Return minced beef into pot. Stir mixture well.
5. Simmer 30 mins covered or until vegetables are soft, add cornflour mixture to thicken and allow to cool.
6. Cut pastry sheets in half and spoon some of the mixture on one side of each half in a long strip.
7. Moisten the edges of pastry with egg and fold over then glaze the top of pastry with egg, sprinkle with sesame seeds.
8. Crimp edges with fork and put fork holes in top. **Bake 30 mins or until golden brown and cut into small rolls.**

## Capsule Collection

Distinctive Melbourne based fashion label **bul**, has collaborated with Kate Ballis to create a size-piece collection featuring prints from the photographic artist's print collections.

**bul** designer, Virginia Martin's interest in the otherworldly beauty of Kate's travel-inspired photography first led to a creative partnership over the past five **bul** seasonal campaigns.

Kate's love of aesthetics, light and complexity see a powerful beauty in darkness and the textures created by light dancing on shadows.



## The Nectre Baker's Oven - A combination of heater and stove

A unique combination of a heater and an oven, with style from a bygone era. The Nectre Baker's Oven will cook everything from crispy, fresh bread to succulent juicy roasts. The cook top takes four large saucepans or pots, and two for wok cooking. And, while it's cooking it spreads cosy warmth through your kitchen or living area. An optional water jacket can be fitted to supplement your existing hot water system, too.

Features include: Firebricks to increase thermal mass, stabilise temperatures. Replaceable fire box protection plates, Ash lip to prevent ash from dropping into the oven and hot coals falling out. Cast iron doors with large ceramic glass viewing areas, Oven temperature thermometer, Stay cool spring door handles.

Suitable for traditional living and proudly designed and manufactured in Australia.

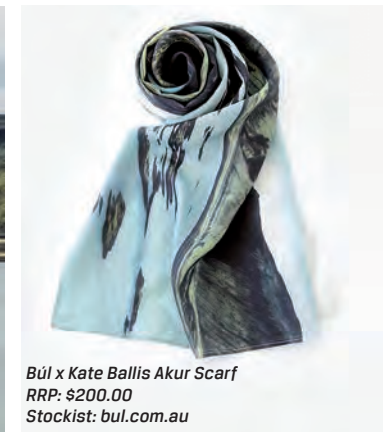
Contact Central Coast Bricks  
260 Manns Road West Gosford  
Phone: 4324 2128



**Nectre Baker's Oven**

Come home to  
**NECTRE**

SLOW COMBUSTION HEATING



**Bul x Kate Ballis Akur Scarf**  
RRP: \$200.00  
Stockist: bul.com.au

## NEVER CLEAN YOUR GUTTERS AGAIN INSTALL NOW AND SAVE!



Bushfire rated gutter guard!



Stop Snakes, Rats & Possums!



Protect against Jacarandas and Pine Needles!



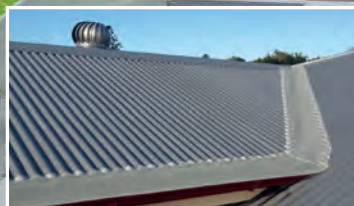
Bird proofing!



Stop leaves from blocking your gutters!



Improve the quality of your tank water!



INSTALLING SINCE 1995  
UP TO  
**20% OFF**  
At time of quoting only  
expires 31.08.17

**FREE**  
GUTTER CLEAN  
WITH EVERY INSTALLATION

**Leaf Shield**

GUTTER PROTECTION  
Specialists

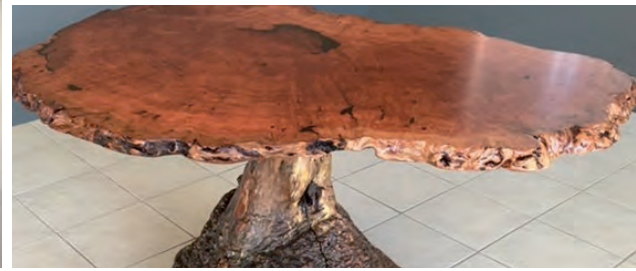
**FREE QUOTE ALL SUBURBS 1300 362 246**

Manufactured for Australian Conditions

Choose from UV treated Poly or Aluminium and Stainless Steel Gutter guards.

**leafshield.net.au**  
Installing since 1995





## NEW NAME. SAME BEAUTIFUL HANDCRAFTED TIMBER FURNITURE

For more than 20 years, Rod Murray Furniture designed and handmade truly unique and beautiful furniture. Using the finest quality timbers and time proven cabinet-making techniques, they earned a reputation for creating amazing, timeless furniture that showcased the beauty of the timber it was crafted from.

Jason Vila completed his apprenticeship with Rod Murray Furniture and went on to become their head cabinet maker. His time there helped shape him in to the true craftsman he is today and he has nearly a decade of experience. He takes pride in what he does and his attention to detail is evident in every piece he creates.

Late last year, for personal reasons, Rod Murray Furniture decided to close their doors and offered the opportunity to Jason to continue his passion for handcrafting timber furniture under his own company. The opportunity to continue on the legacy of Rod Murray Furniture was an honour he didn't take lightly and the business was transitioned over to him and his young family early this year.

Now trading as Vila Timber Designs, they have relocated to 37 Ace Crescent Tuggerah where they recently held a Grand Opening. The showroom is filled with a fine selection of furniture, including rare slab furniture, all designed and handcrafted by Jason and his team.

Vila Timber Designs specialise in custom made timber furniture. They work with their customers to create incredibly beautiful pieces that work perfectly in the space they are designed for. Style, functionality and staying true to the natural beauty of the timber are all key features in designing a piece of furniture. Vila Timber Designs is ready to create the talking piece of your home so if you have something in mind, give them a call today and let them get started on bringing your visions to life.

Phone 4353 9879

[www.vilatimberdesigns.com.au](http://www.vilatimberdesigns.com.au)



SPECIALISING IN HANDMADE CUSTOM TIMBER FURNITURE



**VILA TIMBER DESIGNS**  
HANDMADE CUSTOM FURNITURE

**Phone** 4353 9879

**Mobile** 0405 582 191

**Address** 37 Ace Crescent Tuggerah NSW 2259

**Showroom opening hours**

9:00am – 4:00pm Monday to Thursday

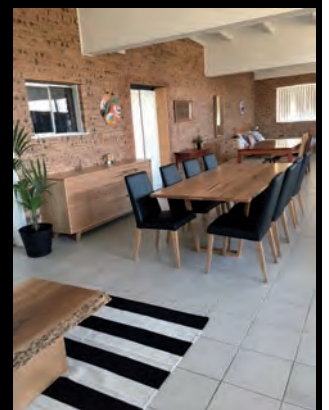
9:00am – 2:00pm Friday

9:00am – 12:00pm Saturday

**Email** [info@vilatimberdesigns.com.au](mailto:info@vilatimberdesigns.com.au)

**www.vilatimberdesigns.com.au**

Find us on **Instagram** @vilatimberdesigns





Before



After



Before



After

## Benefits of Pressure Washing

Whether you're selling your home or just wanting to improve its exterior appearance, home pressure washing is a must. Pressure washing is considered to be the most affordable way to increase your home's value

and curb appeal is important, especially if you are thinking about selling your home. Pressure washing your home removes stains and mildew that can make a home look unattractive, stalling a prospective home buyer from putting in an offer.

Regularly scheduled pressure washings are great ways to save money on costly exterior home repairs. Keeping your home clean hinders rot, decay and premature

aging of the home – extending the life of your siding, driveway, porch and deck. Your home is also the home to a variety of different contaminants, such as dirt, mould, mildew and algae – some of which can be life-threatening. Pressure washing not only your home but your driveway, walkway, porch and patio can help prevent these bacteria from growing and prevent injuries caused by slipping and falling

Get the job done with **wattyl®**

**TRANSFORM A ROOM WITH COLOUR THIS MONTH!**



**ALL FOR JUST \$99\***

- 1 x 4L Wattyl Interior Design\*
- 1 x 2L Wattyl Interior Design Ceiling
- 1 x 1L Wattyl Aquatrim\*

\* Available in various sheen levels. Limited time only. While stocks last. Offer available until Monday 17th April, 2017

**KINCUMBER MIGHTY HELPFUL® MITRE 10**

Kerta Rd & Empire Bay Drive, Kincumber NSW 2251, PH 4368 3866



Pirch Table

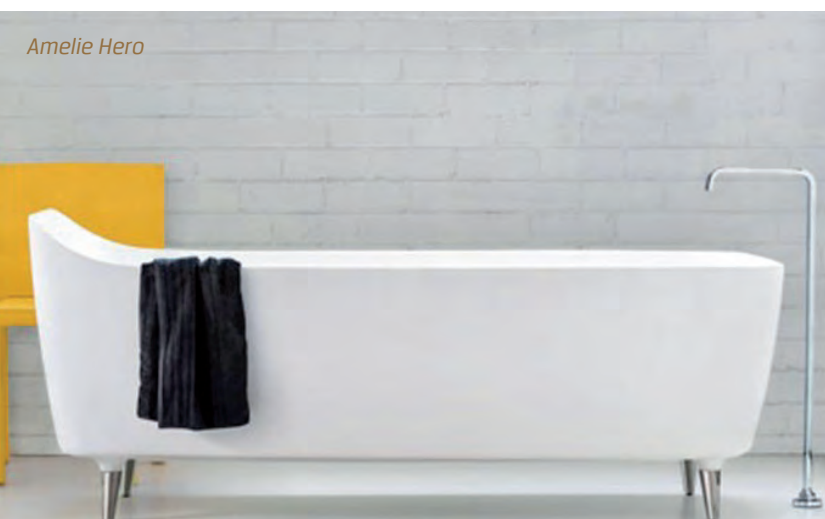


Pirch Hero



Pirch Bridge

Shop online: [www.rogerseller.com.au](http://www.rogerseller.com.au)



Amélie Hero

## Rogerseller

### *The Pirch*

Walnut Timber Side Table, a furniture piece which brings beloved items within reach and allows one to form their own bathing landscape or sanctuary. Purposely designed to be understated, the simplicity of the piece allows the true character of the timber and the honest craftsmanship to do the talking. Handcrafted from American Black Walnut by a local fine furniture craftsman, the cantilever table, with top larger than its base, suits all freestanding baths and is enhanced with a matte seal finish which prevents moisture damage. The side table is further complimented with a Solid Surface tabletop which provides a durable stain resistant platform.

### *Amélie*

A unique character that will make a modest statement to any bathroom, a contemporary interpretation of the traditional claw-foot bath. Inspired by a traditional chaise lounge the Méridienne, a 19th century French name given to an asymmetrical daybed with higher headrest and lower footrest.

Designed to be an elegant and sophisticated furniture piece, the clean lines and fine edges provide a sense of lightness, while the lounge-like wrap around head support promotes comfort and relaxation. The piece is manufactured in Lucite acrylic, presenting a seamless contour which tapers into the narrow stainless steel legs. Lucite is extremely durable, with a non-porous surface for easy cleaning and will not change colour over time.

The Amélie by Rogerseller Freestanding Bath includes polished stainless steel legs and is supplied with waste and installation kit **RRP \$2,495**





## FREEDOM RETRACTABLE SCREENS

### Freedom Infinity Retractable Screens

The NEW INFINITY range of screens are designed especially for the larger openings, with stronger mesh and a mesh to track retention system that prevents mesh blow out in windy areas.

Screening up to 4.5m in a single screen and 9m in a double screen. Easy to operate patented Braking system, as with all Freedom Retractable Screens, allows the screen to stop in any position along the track, providing versatility of use, preventing the screen from springing back into the housing. High quality fibreglass mesh. Heavy duty construction, built to last.

Full Dulux Powder Coat colour range and Clear Anodized, to match Timber and Aluminium.

INFINITY SCREENS also available in Pull Down style for Sery windows & Alfresco areas. All screens are custom made to suit individual requirements and installed by our experienced Installers.

Motorised Outlook Screen also available, ideal for large outdoor areas, spanning 4.7m in width with a 3m drop. Always improving our innovative design, Australian owned, designed & manufactured. Backed by a limited five year warranty.

### Insect Screens for Your:

Retractable Insect Screens custom built to suit any unique setting. Innovative design makes the retractable screens ideal for a variety of applications including screening Bifold Doors, French Doors, Stacking Doors, Sery Windows and difficult to screen openings.

Outdoor living rooms are a central part of the modern Australian home and with over ten years experience in insect screen manufacture and installation, Daniel and his team will ensure you can enjoy the great outdoors free of insects.

Imagine a home where you have the freedom to let the fresh air in and keep the bugs out! Freedom Retractable Screens® – Innovative insect screen solutions for modern Australian living.

- Bi-fold Doors**
- Sery Windows**
- Alfresco Areas**
- French Doors**
- Stacking Doors**

- Screen up to 4.5m in a single screen
- Screen up to 9m in a double screen



Please contact the Sydney, Central Coast and Newcastle team on **1300 SCREEN**

email: [sydney@freedomscreens.com.au](mailto:sydney@freedomscreens.com.au)

1300 S<sup>7</sup>C<sup>2</sup>R<sup>7</sup>E<sup>3</sup>E<sup>3</sup>N<sup>6</sup>

Visit our website to see our full product range!  
[www.freedomscreens.com.au](http://www.freedomscreens.com.au)



# Healthier Younger Skin - It's all about what's below the surface.

Over time our dermal cell structures suffer from aging, with less collagen production being one of the main factors in the diminishing appearance of our skin. So, what can you do? Healthy skin is skin that is cared for and maintained. Laserclear cosmetic clinic offers a range of specifically targeted treatments, expert advice, and ongoing support for the optimal skin care and maintenance needed to reduce the signs of aging. With our medically trained practitioners and clinic imaging system, we can correctly assess existing skin conditions and tailor an individual package for your skin. The clinics medical grade lasers and light therapy can boost collagen production and take years off the appearance of your skin.

Winter - The Best Time for Treatments! Medical grade laser therapies are best done in winter, with your skin having less exposure to the harsh rays of the sun. Pigmented skin that has been sun damaged is best treated now and limelight treatment is effective with little down time, so book in during the winter months! For older skin and conditions like acne scarring, poor skin texture, large pores, scars, wrinkles, skin blemishes such as age spots, and sun damage, Pearl and Pearl Fractional laser therapy is an excellent solution. The treatment exposes only a fraction of the skins surface to the laser beam in a pattern of tiny dots. Columns of damaged tissue are selectively removed, leaving surrounding skin intact. The new skin is fresher, healthier, less blemished and contains more collagen thus smoothing and softening wrinkles. There is a period of downtime and staying out of the sun and wearing sunblock once the skin has recovered is essential. The ultra-former is another unique treatment for skin laxity, offering face and neck skin tightening, eye lid lifting, as well as body contouring all in one system, with immediate results! It is a non-surgical face-lift with no downtime, and utilises micro-focused ultrasound energy to instantly stimulate collagen.

The clinic also offers one of the most experienced cosmetic injectors on the Central Coast Grania Howard, with over 20 years' experience in Cosmetic Injections. Laserclear has a comprehensive range of injectable products available to ensure you get results

that look natural and are complimentary to your features. Grania specialises in lip enhancements, shaping your lips with subtle volume for a natural look that suits your smile.

Winter is the perfect time to freeze your stubborn fat away before the next bikini season. The Clatuu uses precisely controlled cooling to eliminate stubborn fat that is resilient to exercise or diet. Clatuu works by gentle drawing fatty areas into the patented 360 degree applicators and cooling the area to a temperature that causes fat cell apoptosis - while keeping normal cells intact. Built-in sensors maintain a constant temperature that assists in the best possible reduction. Freezing fat away gets your body to a slimmer, tighter shape that was meant for you - without surgery. Book Now while it's the perfect time to start the process for next summer, mention this article and receive 15% off your treatment.

You can follow our current winners of the Face of 2017 as we post treatments and results on Facebook. For more information on all our services check out our website [www.laserclear.com.au](http://www.laserclear.com.au)



## EXPERIENCE A DIFFERENT LEVEL OF COSMETIC SERVICES



Laserclear Cosmetic Clinic is a locally owned and operated business, which incorporates the industry's leading innovative technology and products. Our highly trained and experienced medi-cosmetic nurses are fully certified in medical grade laser and cosmetic treatments.

We tailor individual programs for each client, ensuring we achieve the best results for you!

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>▶ <b>CLINICAL IMAGING</b><br/>Advanced photo diagnostics</li> <li>▶ <b>ANTI-WRINKLE INJECTIONS &amp; FACIAL FILLERS</b><br/>Wrinkles &amp; fine line correction, lip enhancement</li> <li>▶ <b>MEDICAL GRADE LASER</b><br/>Sun spots, red veins, open pores &amp; facial rejuvenation</li> <li>▶ <b>MEDICAL GRADE SKIN CARE &amp; PEELS</b><br/>A wide range of skin concerns</li> <li>▶ <b>HYDRABRASION</b><br/>Refined texture &amp; even skin tone</li> <li>▶ <b>SLIMSPEC</b><br/>Cellulite treatment</li> </ul> | <ul style="list-style-type: none"> <li>▶ <b>SKIN NEEDLING</b><br/>Scarring, fine lines &amp; rejuvenation</li> <li>▶ <b>FACTOR 4/PRP</b><br/>Collagen Stimulation</li> <li>▶ <b>INFRARED SKIN TIGHTENING</b><br/>Skin laxity</li> <li>▶ <b>LED LIGHT THERAPY</b><br/>Assists in collagen production &amp; photo rejuvenation</li> <li>▶ <b>CLATTUU</b><br/>Fat freezing &amp; body contouring</li> <li>▶ <b>PODIATRIC LASER TREATMENTS</b><br/>Warts &amp; fungal toes/fingers</li> </ul> |
|--|---|

**Make an appointment today to create a fresher, more vibrant you!**

55 York Street, East Gosford | (02) 4325 5944

[info@laserclear.com.au](mailto:info@laserclear.com.au)  
[www.laserclear.com.au](http://www.laserclear.com.au)



Find us on Facebook



Find us on Instagram

# FREE

No obligation  
Guest pass

**Membership benefits include:**

- ✔ 30 minute fitness
- ✔ Total body workout
- ✔ Equipment designed for women
- ✔ Variety of specialised circuits
- ✔ In-Club coaching

All in one place!

Suite 17, Karalta Plaza, Karalta Lane  
ERINA Call: 4367 2204

\*Valid for 7 consecutive days, at the same club. Must be used by 31.12.17 First time users only. Age 18+. No cash value. 7 day FREE trial excludes Curves Complete, Curves Smart and Curves Travel Pass. Club Terms and Conditions apply. ©2016 Curves All rights reserved.

©2016 Curves All rights reserved.

## ORTHODONTICS: What is 'interceptive treatment'?

Our friends at The Ortho Practice Kincumber talk to us about 'interceptive treatment' and when is right time for your child to first visit the orthodontist.

**Y**ou may be wondering if your child needs any orthodontic treatment and what is the best age to assess this. A common misconception is that it is necessary to wait for all adult teeth to be present, before an assessment can be provided by your orthodontist. This is not the case. Your orthodontist is able to observe how the dentition is changing from as early as seven years of age.

Monitoring these changes before or during a growth period is vital. Using preventive or interceptive treatments - more commonly known as an appliance, plate or headgear - can ensure teeth will emerge in a more ideal position. This can minimise the complexity of correcting teeth once crowding or bite issues have presented in early teenage years, therefore helping to reduce treatment



time down the track should your child require braces. Please visit their website for more useful information on interceptive treatment at [theorthopractice.com.au](http://theorthopractice.com.au).

The Ortho Practice is located at 84 Avoca Drive, Kincumber, are a Diamond Invisalign® Treatment Provider and a member of the Australian Society of Orthodontists. Be sure to give their friendly team a call on 4369 2209 to take advantage of their current offer, exclusive to Central Coast Home & Lifestyle Magazine readers.

### Foods to lower your cholesterol

When you think of cholesterol, you probably think of bad or high cholesterol. There's also a good type of cholesterol, though, that your body needs.

High-density lipoprotein (HDL) is the good kind of cholesterol and the kind you want. Low-density lipoprotein (LDL) is the bad kind of cholesterol and the kind you want to keep in check.

HDL is like a vacuum cleaner for cholesterol in the body. When it's at healthy levels in your blood, it removes extra cholesterol and plaque build up in your arteries and then sends it to your liver. Your liver expels it from your body.

Just as some foods can raise your bad cholesterol, certain foods can raise your good cholesterol:

**1. Olive oil-** The type of heart-healthy fat found in olives and olive oil can increase your HDL and lower the inflammatory impact of LDL cholesterol on your body. Swap extra-virgin olive oil for all your other oils and fats when cooking at low temperatures, as extra virgin olive oil breaks down at high temperatures.

**2. Beans and legumes-** Like whole grains, beans and legumes are a great source of soluble fibre. Reach for black beans, black-eyed peas, kidney beans, navy beans, lentils, and others. Canned beans contain about half as much folate as cooked dry beans. Folate is an important B-vitamin that's healthy for your heart.

**3. Whole grains-** including bran, cereals, and brown or wild rice may give your HDL levels a boost. That's because they contain soluble fibre.

**4. High-fiber fruit-** prunes, apples, and pears, can boost your HDL levels and lower your LDL levels.

**5. Fatty fish-** Omega-3 fatty acids, which are found in fish, can lower your LDL and increase your HDL. Look for fattier options,

such as salmon, mackerel, tuna, sardines, and rainbow trout. If you don't like fish or can't eat enough fish to fulfill your omega-3 goals, ask your doctor about fish oil or krill oil supplements.

**6. Flax-** Ground flaxseeds and flaxseed oil also contain omega-3 fatty acids. Many vegetarians use flaxseed as a source of omega-3 fatty acids because they're one of the better plant-based sources of this heart-healthy fat. Make sure to buy ground flaxseed. Whole flaxseeds are almost impossible for your body to break down, which means they pass through your body largely intact and never leave behind any of their nutrients

**7. Nuts-** Brazil nuts, almonds, pistachios, peanuts, and others, are filled with heart-healthy fats. They're also high in fibre and plant sterols. Plant sterols block the absorption of cholesterol in your body

**8. Chia seeds-** a good source of plant-based omega-3 fatty acids, fibre, and other healthy nutrients. Adding chia seeds to your diet may help increase HDL levels, lower LDL levels, and decrease blood pressure. Like flaxseeds, chia seeds are great when added to cereal, oatmeal, dips, salads, yogurt, or smoothies.

**9. Avocados-** are high in folate, a healthy monounsaturated fat. This type of fat boosts HDL, lowers LDL, and reduces your risk for stroke, heart attack, and heart disease.

**10. Soy-** Incorporating this food into your diet is a great way to reduce your meat consumption. When people eat less meat, their LDL levels may decrease and their HDL levels may increase.

**11. Red wine-** Drinking moderate amounts of alcohol, including red wine, has been shown to raise HDL levels. It's also been shown to lower your risk of heart disease. A moderate amount of alcohol is defined as just one glass per day for women and two glasses per day for men. Red wine shouldn't be consumed if you also have high triglycerides



# Your Diamond Invisalign® provider is right around the corner ...

Call now and mention  
Central Coast Home & Lifestyle to  
book your free consultation  
and x-rays valued at \$240.

- Invisalign®
- Invisalign Teen®
- Interest Free  
Payment Plans

Contact us on 4369 2209 or  
visit us at 84 avoca drive,  
kincumber nsw 2251

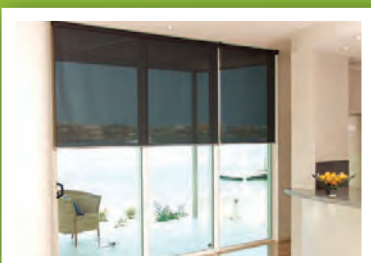
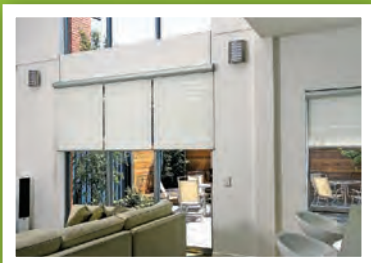


**the/ortho|practice**  
ORTHODONTICS

Visit [www.theorthopractice.com.au](http://www.theorthopractice.com.au) for more info  
Follow us for special offers and oral health tips



# Easy to operate. Easy to add the wow factor.



**OPERATE FROM YOUR SMART PHONE**  
WIFI HUB  
now just \$220.  
(RRP \$440)

**MOTORIZE YOUR ROLLER BLINDS**  
from \$205 per blind.  
RRP \$410  
See over for details.  
(excludes electrician)

**At Premier Shades we know how to automate!**

Motorising your blinds can add that sophisticated touch to your window, removing messy cords and giving your home a more streamlined contemporary look.

Operating from a stylish remote control, or better still the new smart phone app. This means you can open and close your blinds from the comfort of your chair, or even from outside your home. Your blinds can be pre-programmed to open and close when you like. Down for the afternoon sun, up for the morning view and to let the pets out!

Add your own signature style with custom made bespoke motorized blinds, made right here on the Coast and take advantage of our **HALF PRICE MOTORISATION OFFER!**

\*SOME CONDITIONS APPLY. DETAILS AVAILABLE INSTORE OR ONLINE.

LARGEST SHOWROOM ON THE COAST

**PREMIER**  
shades-awnings-blinds



FASHIONLINE  
BLIND INDUSTRY PROFESSIONALS



**FOR MORE INFORMATION OR TO BOOK A FREE IN HOME MEASURE AND QUOTE**

**PHONE 4324 8800**

18/482 Pacific Highway Wyoming  
- at the 5 ways roundabout. Just up from Laycock Theatre.

**www.premiershades.com.au**



## Smart Phone technology is now available for your blinds

Smart technology is now available for your air conditioner, your television, your lighting, your security and **now your blinds.**

Most of us don't go anywhere without our phone, and the buzz word for those renovating or building a new home is "home automation". It's about creating a life where we can control and automate our regular everyday devices from the touch of our phone.

Home automation is the way of the future, and one of the regular everyday tasks is pulling your blinds up and down. Many internal and external blinds are there to create privacy as well as protect your home and furniture from the heat and cold.

Remote control blinds have been around for a while, but now the technology has extended through to an app on your smart phone or iPad where you can control the blinds from anywhere in your home, or the world.

We have found our customers say the most useful way to use this technology is putting multiple blinds up and down at the same time. It is also great for pre-programming your blinds to be up for the morning sunrise, or down for the hot afternoon sun. A great security feature is to be able to operate your blinds remotely when you are on holidays and know that all blinds are down and your home is secure.

**How does it work?** A WIFI Hub is purchased that is then plugged into your power socket, next to your WIFI connection. You then download a free app from the app store that relates to the type of motors you have in your blinds. In Australia, the most common devices are the SOMFY MYLINK WIFI HUB and the ACMEDA PULSE WIFI HUB.

**Is it easy to set up?** If you are tech savvy, you could follow the prompts on the app and set it up yourself once you have purchased

the WIFI HUB. If not any reputable licensed blind motorization company could do it for you for a small fee. No electrician is required.

**Where can I get the WIFI HUB?** On the Central Coast, the WIFI HUBS are available at Premier Shades, 18/482 Pacific Highway, Wyoming. They also have them on display and operational if you need to see how they work.

**What if I don't have WIFI?** This technology only operates with WIFI. If your WIFI is out, then you will not be able to control your blinds with the app, however you can still use your remote control as long as you have electricity connected. If you have the re-chargeable battery operated blinds, they will operate without electricity as long as they are fully charged.

**I already have Somfy motors in my blinds and awnings, can I use it?** Yes, contact Premier Shades to get the WIFI HUB.

**I already have the Acmeda Re-chargeable battery motors in my blinds, can I use a WIFI HUB?** Yes, contact Premier Shades to get the WIFI HUB.

**I would like this technology, but just have regular chain operated roller blinds. Can I get motors put in on my existing blinds?** It depends. Some motors require different deductions and different controls and brackets to fit into your window. There are motors that are re-chargeable (like a mobile phone charger) that can be retrofitted into existing blinds. If you have purchased your



existing blind from Premier Shades in the last 2 years, call and ask if it is possible. We will have your details on hand and can let you know.

**Do the WIFI HUBS work with other brands?** No, they are specific to the brand of motor in your blind.

**How much is it?** The Somfy MYLINK WIFI HUB is \$440 RRP. The Acmeda PULSE WIFI HUB is \$400 RRP. Excluding any programming or set up fee. If you are tech savvy you may be able to set this up yourself.

# Important information for insurance for trades people, owner builders renovators and you!

## Income Protection

Also referred to as Accident & Sickness insurance – protects the employed and self employed against loss of income due to an accident or sickness – an essential policy to protect the lifestyle of all income earners and tax deductible.

## Trauma Insurance

Providing a lump sum on diagnosis of a major trauma such as cancer, heart problems etc – helping people afford the best treatment, pay medical bills, settle debts etc.

## Trades Insurance

Protecting the trades person against liability claims, loss of tools and equipment, commercial motor claims etc.

## Contract Works

Also known as Construction Insurance – protects a project and you against fire, storm, malicious damage, liability etc.

## Home Warranty Insurance

Is a policy that has to be taken out by NSW law – 1. By a builder or trades person before taking any money (including a deposit) from a home owner (including an owner – builder) under a residential building contract and before commencing any work under that contract. 2. By an owner builder (i.e. a home owner who did owner/builder work under an owner/builder permit) before entering into a contract for sale of the property on which residential building work was done within the previous 6 years. In both cases for work where the contract price or the reasonable market cost of the labour and materials involved exceeds \$20,000.

## All of these insurances are available from Coast and Country

For more information and quotes on these and other insurances please contact  
Coast & Country Insurance Consultants on **4334 3622**,  
or **email [office@cc-insurance.com](mailto:office@cc-insurance.com)** or  
arrange to drop in at 1/217 The Entrance Road, The Entrance.



The advice, comments and recommendations provided are of general nature only. Your personal needs, objectives and financial circumstances have not been taken into account.  
Authorised Representative of NAS Insurance Brokers - AFSL 233750 and PGW Financial Services Pty Ltd - AFSL 384743

## Scandinavian Style cabins and studios built in 2-5 days

### New Display Village - a convenient one-stop-shop

Custom Creations, a long established local building company well-known for their **outstanding customer service and quality workmanship** (over 400 reviews of their Facebook page speak for themselves!). Custom Creations have recently opened their new display village of Scandinavian style sustainable cabins, studios, granny flats and cottages on the Central Coast at Kincumber. All the buildings are fully fitted out and furnished.

### Looking for more space or income generating asset?

If you are looking to add value to your home and improve your lifestyle or want to build an income generating asset in your backyard, please take the time to visit the Display Village. The display includes most popular models: Cyprus (1 bedroom, 1 bathroom) granny flat, Sicilia 20m<sup>2</sup> studio with ensuite, Crete 12m<sup>2</sup> and Majorca 9m<sup>2</sup> backyard cabins. The Cabins have a range of applications including **stay-at-home or returning children's home, Parents retreat, Teenage Retreats, Hobby Rooms, Man Cave, She Shed, Backyard Home Office, B&B, Backyard Guest House, Cabanas and a Pool House or just an additional Room for the Kids.**

Custom Creations have been operating since 2004 and began installing the European made eco studios and cabins in Sydney, Central Coast and the Hunter Region since 2014. The Cabins and Kit Homes are a combination of two worlds - High Quality European structures supplied and installed by Custom Creations.

Please visit their Display Village, at 36 Empire Bay Drive, Kincumber. The Cabins are available to view 7 days a week by appointment and open Wednesdays and Saturdays 9:30am-2:00pm and Sunday 10.00am to 1.00pm.. It is a great place to get million ideas for your home.

If you would like to contact Custom Creations before your visit, have a question or would like to scheduled a site inspection, call Martin Boerner 0456 640 543

[www.facebook.com/Custom.Outdoor.Creations/](http://www.facebook.com/Custom.Outdoor.Creations/)

[www.custom-creations.com.au](http://www.custom-creations.com.au)



GET THE MOST OUT OF YOUR  
**BACKYARD**

[WWW.CUSTOM-CREATIONS.COM.AU](http://WWW.CUSTOM-CREATIONS.COM.AU)

CUBBIES  
CABINS  
SHEDS  
DECKS  
FORTS  
SCREENS  
FENCING

0415 282 297

**CUSTOM  
CREATIONS**



*Furniture and Homewares  
at Warehouse prices  
Indonesia, India,  
Bali, China...*



**The Import Warehouse**  
**FURNITURE & HOMEWARES**  
 Import Style  Warehouse Prices  
 197 Central Coast Highway, Erina Ph: 02 4365 5017



*new shipments  
monthly*



# SICK OF CLEANING MOULDY TILES?

## Transform bathroom and kitchen walls with splashbacks from OzzieSplash.



European  
Quality  
Splashback  
in  
ACRYLIC  
GLASS  
MIRROR  
METALINE



- > Highest quality German ACRYLIC in any Dulux colour, GLASS or Laminex METALINE.
- > Eye-catching design, custom-cut and custom-painted to fit your home exactly.
- > Measured, manufactured, supplied and installed by local splashback specialists.
- > Cost-effective solution to enhance your home's value.
- > Covers existing wall tiles. Low-maintenance - just wipe clean!

Visit our showroom:  
Monday to Friday  
from 9am - 4pm  
or by appointment

OzzieSplash brings you local expertise, personal service, top-quality materials, world-class design and a custom solution for your particular situation and budget.

**Shower, bathroom, kitchen, laundry...wherever you splash water indoors!**

**Your One Stop Shop for Glass, Mirror, Acrylic and Metaline Splashbacks.**

As seen on TV home renovation shows.



# OZZIESPLASH

The Splashback Specialists

phone 4322 7900  
Unit 2, 13 Grieve Road, West Gosford  
[www.ozziesplash.com.au](http://www.ozziesplash.com.au)  
[info@ozziesplash.com.au](mailto:info@ozziesplash.com.au)  
Licence number is 283 671C



## Winter Gardening Tips - Pests & Diseases

There's always something trying to spoil your plants. If it isn't insect pests, it's diseases like black spot. But late winter is a good time to get rid of plant problems and set up the garden with the best possible start for spring.

Roses, for example, can be given a clean-up Lime Sulphur spray immediately after pruning. But if your rose has already started to shoot, it's probably too late to use Lime Sulphur (which could burn the young leaves). Instead you should begin applying a good fungicide/insecticide/miticide such as Rose Spray.

Regular monitoring is the best way to prevent pests from spoiling your plants. Walk through the garden as often as you can and try to remove problems in their early stages. Insect pests can be easily picked off or squashed by hand while their numbers are still controllable.

Most pest insects fall into two groups – either sap suckers or leaf eaters.

Sap suckers are usually small – often minute – but they can be present in huge numbers. Aphids are good examples. Aphids (pictured) suck sugary sap directly out of the youngest leaves. This weakens the plant and also causes twisting and curling of the new growth. In their early stages it's easy to remove sap suckers like aphids but, once numbers build up, you'll probably need to spray with an insecticide.

We stock a wide selection of controls to choose from. They include plant-extract pyrethrum or systemic Confidor. Confidor is most effective when used as a preventative to protect new season's foliage on pest-susceptible plants like azaleas.

Scales are harder to control than aphids because these sap-sucking pests hide beneath protective coatings. Sometimes their sticky waste encourages growth of an ugly blackfungus called sooty mould. To get rid of the mould, you need to remove the scale. You can do this in many cases with a systemic spray (Confidor) or an oil (like White Oil). Or a Scale Gun combines a pyrethrum insecticide with white oil, which greatly increases its effectiveness. An old toothbrush, too, can be used to give scales the 'brush-off'.

Damage caused by leaf eaters is much easier to identify because these pests literally chew holes in the leaves. Caterpillars are the most common – use naturally-derived Success or Dipel – but also be on the lookout for other chewers like snails and slugs.



### Create a Winter Vegetable Patch

Spinach, carrots, cabbages, peas, broad beans, onions, broccoli all can be grown from seeds or seedlings now. Prepare the soil with organic matter. Feed the young plants with harvest help reduce stress.



**THE Upholstery CENTRE**

*WE'VE GOT YOU COVERED*

**Market leaders since 1981 in all upholstery and repairs - Domestic & Commercial.**

- Custom made furniture
- Free quotes 7 days
- Pick up & delivery

**VISIT OUR SHOWROOM**  
**MONDAY TO FRIDAY or**  
**by appointment**  
**SATURDAY AND SUNDAY**

**Bay 2/5, Tumbi Creek Rd, Berkeley Vale Mobile:0404 202 223**

*Now Open*  
**Burbank**  
 House and Garden

**Coffee Tea Cafe**

**OPEN Monday to Friday 9.30am to 3pm**  
**Saturday 9.30am to 3pm | Sunday 10am to 3pm**  
 Lot 2/30 Empire Bay Drive, Kincumber  
**Ph: 43682220**

# Huts Gazebos Cabanas Bamboo fencing Landscaping Thatching Specialists



1300 013 543

[info@balioasis.com.au](mailto:info@balioasis.com.au)

[www.balioasis.com.au](http://www.balioasis.com.au)



Rated at the highest level for client satisfaction



Supplier & Installer

Landscaping License 73262S





# NORGLASS

products provide a complete start to finish system system for all your boating or D.I.Y project needs.



**NORGLASS** products are suitable for boats, caravans, restaurants, bench and table tops, powder coats, window sills and doors, high traffic areas, and any area that requires a high level of finishing.

Our website **norglass.com.au** has a comprehensive range of helpful "how to" guides for most surfaces, or you can call our technical support line on 02 9708 2200 and speak to one of our experts.



## NORGLASS makers of:

- WEATHERFAST
- NORTHANE
- SHIPSHAPE
- NoRUST
- PRI-COAT
- NORFILL
- NORSYSTEM
- GREY-AWAY
- STAYBOND GLUE
- TOPFLIGHT ANTIFOULING
- LIQUID GLASS
- MICROSHIELD VARNISH
- ORANGE PEEL and more...



Mention this AD  
Receive a FREE  
Paint Roller Kit  
with every  
\$100 spent



Find a complete range of **NORGLASS** products at:

**BRISTOL PAINT ERINA** 179 The Entrance Rd, Erina 2250

**BRISTOL PAINT CHARMHAVEN** 1/6 Botham Close, Charmhaven 2263



## BEAUTIFUL DECK. BEAUTIFUL DEAL.

Mention this AD  
Receive a FREE  
Paint Roller Kit  
with every  
\$100 spent

Purchase Haymes  
Dexpress and Wood  
Cleaner to receive a  
FREE scrub brush  
and bucket.\*

### Coastal Paint & Hire

179 The Entrance Road, Erina NSW

T 02 4365 4667

\*While stocks last. See instore for details.

Bristol Charmhaven 1/6 Botham close Ph: 02 43936771

### Opening hours

Monday - Friday 7am to 5pm

Saturday 8am to 4pm

Sunday 8:30am to 4pm



*Haymes*  
PAINT

AUSTRALIA'S FIRST FAMILY OF PAINT

# For a better finish begin at Bristol

*The ultimate one-stop-shop  
for inspiration, ideas and advice.*



Bristol  
Erina  
179 The Entrance Rd  
Ph: 02 43654667  
Fax 02 43578188

Bristol  
Charmhaven  
1/6 Botham close  
Ph: 02 43936771



Mention this AD  
Receive a FREE  
Paint Roller Kit  
with every  
\$100 spent



## TRANSFORM FURNITURE WITH **CHALK EMULSION** AND OUR RANGE OF SPECIALITY FINISHES

Bristol Erina 179 The Entrance Road Ph: 02 43654667  
Bristol Charmhaven 1/6 Botham close Ph: 02 43936771



Mention this AD  
Receive a FREE  
Paint Roller Kit  
with every  
\$100 spent

handmade by



Artisan Paint and Wallpaper Makers

[www.porterspains.com](http://www.porterspains.com)

# Looking for a natural boost to your immune system?

## Vitamin D Grocery List



**V**itamin D plays a crucial role in bone health and the maintenance of a healthy immune system. With newer research suggesting that it may also help prevent certain cancers and boost mood, it earns its place as one of the most vital nutrients in our bodies. It's recommended that you get between 600 and 1000 IU per day, so check out this grocery list to make sure you get the vitamin D you need.

**Fish (Salmon, Tuna, Mackerel, Sardines)** A significant amount of Vitamin D is just one of the many health benefits that can be found in fish that are also packed with omega-3 fatty acids. Oily fish like salmon, tuna, mackerel, and sardines contain high levels of vitamin D. If you're pressed for time, fish liver oils can also be found in capsule form.

**Egg Yolks** a nutrient-rich food that contains both Vitamin D and calcium. These two nutrients work together to promote bone health, as well as strengthen eyesight. Some studies have suggested that Vitamin D may lower the risk of developing macular degeneration, which causes vision loss.

**Milk and Cheese** Milk is one of the best sources of Vitamin D, as well as calcium. A lesser amount of Vitamin D can also be found in cheese. Dairy products will help you get your fix of both of these essential nutrients. If you're lactose-intolerant, check out different types of soy milk that are fortified with Vitamin D at your local grocery store.

**Beef Liver** Low levels of Vitamin D give off warning signs in the mouth; softening of teeth and gums are symptoms of this deficiency. Beef liver is another good source of vitamin D, which will help strengthen your dental health, as well as your neuromuscular function.

**Greek Yogurt** contains many beneficial qualities that are specific to weight loss. Harvard studies have shown that people who incorporated yogurt into their low-carb diets lost more weight than those who did not. Vitamin D may work together with calcium to increase fat oxidation, helping to leave you full and burn fat.

**Sun Vitamin D** may help elevate mood, helping to support neurotransmitters that your brain needs to keep you happy. If you're feeling a bit down, try going out in the sun for about 10-15 minutes every day. Sunscreens can block vitamin D formation, so try a little bare skin, but if you get burned, it's better to lather up. Our livers are able to synthesize vitamin D from UV rays in the sun, making sun exposure the most natural way of soaking in this vitamin.

**Mushrooms** Like humans, mushrooms are able to synthesize Vitamin D when exposed to UV light. Mushrooms often grow in the dark, but some varieties are treated with UV light to boost their vitamin D content. Just one cup of treated Portobello mushrooms contains around 400 IU, so try adding these mushrooms to your next meal for an all-natural mood booster. Vitamin D may also help enhance brain function, so that you can reach optimal performance levels.



- Scooters • Rollators • Wheelchairs
- Bathroom and Bedroom Aids
- Daily Living Aids • Hi-Lo Beds
- Lift & Recline Chairs

**SALE • SERVICE • HIRE**

Allianz

Global Assistance

Department of Veteran Affairs RAP Program



**Opening Hours:**  
 8:30am to 5:00pm  
 Monday to Friday  
 9:00am to 12:00 noon  
 Saturday  
 Closed Public Holidays

**4367 4200**

www.coastalmobility.com.au  
 info@coastalmobility.com.au

We are a caring, family owned business committed to your care and stock a large range of mobility and comfort products.

**COASTAL MOBILITY**

**12 Green Point Shopping Village, Link Road, Green Point 2251**  
 Covering the entire CENTRAL COAST region from Patonga to Lake Munmorah



## Dust mites / bed mites are the most common cause of allergy from house dust.

**D**ust mites live and multiply easily in warm, humid places and are a common cause of asthma in children. A house does not need to be visibly dirty to trigger a dust mite allergy reaction. Dust mite particles are often found in pillows, mattresses, carpeting and upholstered furniture. They float into the air when you vacuum or, walk on carpet or disturb bedding and they settle once the disturbance is over. A dust mite measures only about one-quarter to one-third of a millimetre. They are too small to see with your eyes alone. Under a microscope, they look like white bugs. They have eight legs, so they are not insects, but arthropods, like spiders.

There are at least 13 species of mites. They are all well adapted to the environment inside your home. They feed mainly on the tiny flakes of human skin that people shed each day. These flakes work their way deep into the inner layers of furniture, carpets, bedding and even stuffed toys. These are the places where mites thrive. An average adult person may shed up to 1.5 grams of skin in a day. This is enough to feed one million dust mites!

Dust Allergy Symptoms include sneezing, runny or stuffy nose, red, itchy or teary eyes, wheezing, coughing, tightness in the chest and shortness of breath, itching and dust allergy triggers include: dust mites, cockroaches, mould, pollen, pet hair, fur or feathers.

No matter how clean a home is, dust mites cannot be totally eliminated. However, the number of mites can be reduced by the use of a dehumidifier or air conditioner to maintain relative humidity at about 50% or below, encase your mattress and pillows in dust-proof or allergen impermeable covers, wash all bedding and blankets once a week in hot water (at least 130 - 140°F) to kill dust mites, replace wool or feathered bedding with synthetic materials, if possible, replace wall-to-wall carpets in bedrooms with bare floors (linoleum, tile or wood) and remove fabric curtains and upholstered furniture, use a damp mop or rag to remove dust when cleaning. Never use a dry cloth since this just stirs up mite allergens.

If your doctor thinks you have a dust mite allergy, they may suggest a skin or blood test. If you have symptoms year round, you could have a dust mite allergy.

## Health problems caused by alcohol

**I**f you are drinking too much, you may think you're getting away with it because there might not be any physical symptoms or liver problems until very late in the day. By the time you wake up with jaundice, your liver disease is pretty late stage and you could be looking at a liver transplant as your only option. Alcohol dependency, which affects a large percentage of men and women is a specific diagnosis in which the body has become dependent on alcohol. If you stop drinking you get delirium tremens, hallucinations and potentially life-threatening withdrawal symptoms. It is the cause of many deaths every year. Don't wait for a wake-up call, such as needing a drink in the morning to steady you, or missing work due to a hangover..

Excessive drinking affects every organ of the body. It causes liver disease, gastritis, pancreas damage, increases blood pressure and puts you at risk of a heart attack and stroke; it can make you more likely to get oral and stomach cancers and certain neurological diseases.

On top of that, alcohol irritates the gut wall, causing inflammation, meaning that you don't absorb nutrients from food so efficiently and in particular, it interferes with the uptake of folate, which helps to produce new cells, so if you drink a lot it's important to eat a diet rich in folate. Heavy drinkers are likely to be deficient in a lot of the B vitamins making them feel lethargic and lacking energy.

If you stop drinking or cut back to well within the guidelines before it's too late, you may be able to reverse most of the damage. But there is no way of knowing when too late will come.



# Waratah

## WOMENS HEALTH

### @ KANWAL

### OUR VISION:

*To offer women and their children access to holistic health care in a family-friendly, non-judgemental, warm and personal environment.*

**Dr Alexandria Smoleniec**

**Dr Mary Dover**

**Dr Emma Smith**

*Visiting Gynaecologist*

**Dr Ken Jaaback**

*Psychologist*

**Ms Charlene Neuhoff**

### Our services include:

- Family Planning including - IUD/Mirena insertion, Implanon insertion
- Sexual Health - including STI screening
- Antenatal and Post-natal Care
- Cancer screening - pap smears, breast checks
- Puberty and teenage womens health
- Menopause Assessment and management
- General family medicine
- Childhood immunisations
- Over 75s health assessments
- Mental health
- Female skin cancer checks
- Incontinence clinic
- Chronic disease management
- Annual flu clinics

**Open Mon - Fri 8:30am - 5pm**  
*by appointment only*

### MOST SERVICES BULK BILLED

Suite A1, Kanwal Medical Complex  
654 Pacific Hwy, Kanwal 2259  
Phone: (02) 4393 9622  
or (02) 4392 7733

## offers clients Colonic Hydrotherapy

Some of the many symptoms  
it can relieve:

- Irritable Bowel Disease
- Constipation
- Liver/ Gall Bladder dysfunction
- Parasitic Infections
- Chronic Fatigue Syndrome
- Weight Loss
- Candida Albicans Overgrowth

### Other Services we offer:

- Infrared Sauna
- Detoxification Therapies
- Oil & Clay Therapies

### Opening Times:

Tue to Thursday  
10am – 4pm  
Friday 10am – 6pm

Mon, Sat & after hours:  
By appointment

4/210 Central Coast Hwy,  
Erina Plaza, Erina NSW 2250  
P: 02 4365 4589

E: info@purehydrotherapy.com.au  
www.purehydrotherapy.com.au

## TOP 4 HABITS CAUSING YOU BACK ISSUES

By Dr Jorge Chavez



**T**here are many possible causes of back pain, which means there are also many non-invasive solutions, according to Dr Jorge Chavez, a local chiropractor. "Back pain is rarely one catastrophic event," he says, "but several situations combining to create pain." And it turns out that some seemingly insignificant everyday habits can take a big toll on your back over time.

Here, the top 4 mistakes that may be causing your aches—and how to correct them for good:

### **1.You're a crunch addict.**

Sit-ups and crunches may actually cause more back pain than they prevent. We hear all the time how a strong core protects your back, which is true. But crunches don't work the ab muscles that stabilize your back. In fact, they can contribute to pain by causing what we call "core" imbalance, "a condition of excessive compression, which results in the spine curving forward in a C-like shape."

Fix it: You don't have to ditch crunches entirely, but you should do them slowly and use proper form. Include them as part of a broader core workout that also strengthens your transverse abdominus. This muscle is particularly important for a strong, steady core that supports your back, and the best way to strengthen it is with (non-crunch!) planks and bridges. Added bonus: you'll whittle your middle and beat hard-to-torch belly fat while improving posture and relieving back pain.

### **2.Your mattress is really old.**

Can't remember the last time you replaced it? Your back may be in trouble. A good mattress lasts 9 to 10 years, according to the National Sleep Foundation, but consider replacing yours every 5 to 7 years if you don't sleep well or your back throbs. A study at Oklahoma State University found that most people who switched to new bedding after 5 years slept significantly better and had less back pain.

Fix it: When you do replace your mattress, take a Goldilocks approach: Pick one that's not too squishy or too hard. Very firm mattresses

can increase pressure on the spine and worsen pain, say Spanish researchers. A study of 313 people revealed that those who caught Zzzs on medium-firm mattresses were more likely to report pain improvement than those on firmer ones. To help ease night time discomfort even more, tuck a pillow under your knees if you sleep on your back, or between your knees if you're a side sleeper.

### **3.Your entire life is in your purse.**

A stuffed-to-the-gills handbag may cause back damage that's comparable to a sports injury. When you tote a heavy bag, your shoulders become imbalanced. Your body elevates the shoulder carrying the bag, which throws your spine off-kilter. Doing this every day can cause back muscles to ache over time.

Fix it: First, carry the lightest bag possible. The American Chiropractic Association recommends that your bag—when fully loaded—weigh no more than 10% of your body weight. Alternate which shoulder you carry the bag on from day to day, and consider splitting your stuff between two bags (one for each arm), which will pain proof your load by distributing it more evenly.

### **4. You love high heels.**

Or thongs (Flip-flops). Both lead to foot instability, which can in turn affect your back. High heels force you to arch your back, making your spinal muscles work harder. Backless shoes like sandals cause your feet to move from side to side, which distributes your body weight unevenly and can cause pain.

Fix it: You don't have to forgo trendy footwear—just don't walk long distances in them. Commute in comfy flats or supportive sneakers, and consider adding cushioning inserts to uncomfy shoes. When Lehigh University researchers gave back-pain sufferers lightweight, flexible shoes with simple cushions, 80% reported significant relief within a year.

**The Chávez Health Centre ERINA 43655995**  
**www.chavezchiropractic.com.au**

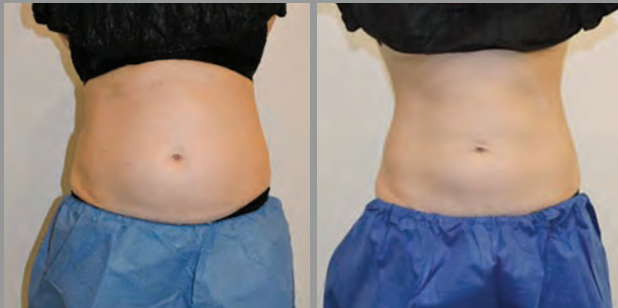


THE  
WORLD'S #1  
NON-INVASIVE  
FAT REMOVAL  
TREATMENT

# SEE A SLIMMER YOU

ELIMINATE FAT WITH COOLSCULPTING®

**2 TREATMENTS FOR \$1750**  
WHEN YOU MENTION THIS ADVERTISEMENT



BEFORE

AFTER

Our CoolSculpting Specialist will tailor a treatment plan designed to achieve your desired results.

Call us today to schedule your **FREE** CoolSculpting consultation.



DR PETER LANIEWSKI  
PLASTIC SURGEON



ALBURY | BELLA VISTA | ERINA

Platinum Corporate  
Suite 1.05, 4 Ilya Avenue  
Erina NSW 2250

Suite A3, 24 Lexington Drive  
Bella Vista NSW 2153

P 02 8824 8481

[DRPETERLANIEWSKI.COM.AU](http://DRPETERLANIEWSKI.COM.AU)

# An Areola tattoo is a positive step toward recovery

It's now possible, to create and enhance the areola nipple complex after breast reconstruction. An important part of the healing process, especially after something as invasive as a mastectomy, isn't just feeling physically better - it's about feeling emotionally well, and confident with one's body.

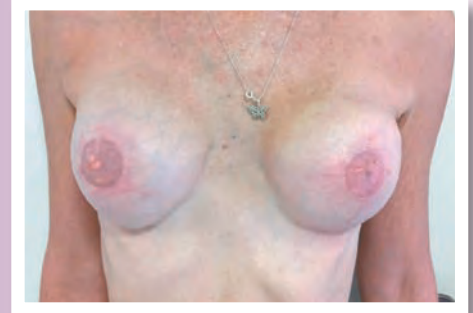
Our local Natural Illusions Cosmetic and beauty tattoo artist here on the Coast has over 25 years of experience, and is making breast cancer survivors feel whole again after mastectomy. Nipple and areola tattooing is a procedure performed by a specially trained doctor or nurse. It involves colouring the skin using micropigmentation which is similar to tattooing. This procedure is usually done after breast reconstruction.

Refining her artistic skills with the study of shadow and light brings the meaning of 3D areola tattooing to a new

dimension. This passionate and qualified artist has comprehensive knowledge in all facets of the industry and has completed the highly extensive training required to successfully create an effect that is truly lifelike.

The artistic ability and the care shown to each client who's dealt with this procedure makes a big difference in that client's journey towards recovery. The benefits of 3D nipple tattooing are considerable. We are able to create a three dimensional picture which gives the illusion of projection without the need for nipple reconstruction. We mix a colour that is complementary to your skin tone and match the areola size to the size of your breast; this provides the most natural colour tone and realistic result.

Our rates are very affordable as we genuinely want to help clients overcome the loss they may feel. Phone: 4332 9296



*Natural Illusions*

**COSMETIC TATTOOING & BEAUTY**

• Eyebrows • Lip Line & Full Lip Colour • Bottom and Top Eyeline

Central Coast - Highly trained and fully qualified  
Cosmetic Tattooist over 25 years experience

**PHONE: 4332 9296**

Advanced Dental Services is proud to have 2 of Sydney's expert dentists in Dental Implants and Invisalign braces. With thousands of implants and invisalign cases under their belts, you will get the extensive experience and affordable prices

**Dr. Saif Hayek**

**Dr. Gerald Moses**

Both accredited by the Australian Society of Implant Dentistry



Veneers



Invisalign



Braces

*Let your smile shine through*



*Advanced*  
**Dental Services**

[www.advanceddentalservices.com.au](http://www.advanceddentalservices.com.au)

- General Dentistry
- **FREE** Implants Consultation
- **FREE** Invisalign Consultation
- Snap-on Smile
- Braces
- **BULK BILLING** for Medicare eligible teens
- Cosmetic Dentistry
- Teeth Whitening
- Wisdom Teeth Removal

**Present this ad and receive \$1000 off  
Dental Implants Or invisalign treatments.**

102 Blackwall Rd, Woy Woy ph: 4341 1751 | email: [info@advanceddentalservices.com.au](mailto:info@advanceddentalservices.com.au)

Visit our website or call us for our Terms & Conditions [www.advanceddentalservices.com.au](http://www.advanceddentalservices.com.au)

# Chasing the perfect smile

This article is written by Dr. Saif Hayek BDS, MBA, POS, fellow of ICCDE, accredited by Australian Society of implants Denistry

The founder of Advanced Dental Implants Institute and Advanced Dental Services (winner of Best Dental Service for 2013)



Having seen thousands of patients with different needs and aspirations for their smile and having witnessed over the past decade or so an explosion in advanced technological applications to dentistry, I can now say that we are truly blessed to be living in this era and I am sure what is to come is even more exciting and possibly mind blowing.

I wrote this article with one objective in mind, how to summarise all the new treatment options and how they apply to different people and be as cost effective as possible, all in the name of Chasing The Perfect Smile.

• Let's start with children, these days we have fillings and sealants that can be applied in a couple of minutes and they release fluoride constantly to the tooth structure even years after placing them therefore even the most high risk kids can these days have healthy teeth and reduce the possibility of decay. In this age group it is also important to correct jaw growth problems using a few simple appliances as it is much easier to be corrected now than left to get worse which will require years of orthodontic treatments or even worse orthognathic surgery.

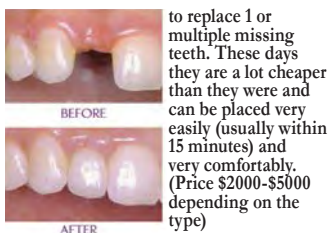
• While the teens carry many challenges to the teenagers and parents, this period of life is one of the most important periods for oral and dental health, if your child has bad or crooked teeth and does not have them corrected early they will be condemned to a life time of dental breakdown and non stop visits to the dentist to fix those problems, not to mention the associated costs. These days we have braces that are custom made, computer designed, robot milled and specifically generated for every single tooth for that particular patient, this makes orthodontic treatments much quicker, achieving better results and are way more comfortable than the old style braces.

We also have invisalign teen and other invisible orthodontic options which are great alternatives for those who still don't want to have braces on their teeth

• Adulthood is the time to maintain good and healthy teeth and gums. Research shows that a well balanced, white and healthy smile means high self confidence, better careers and happier relationships. Research also shows that gum disease is a major contributor to poor general health, diseases in major organs and heart problems!

A visible missing tooth could be devastating, it is noticed that once people lose a tooth or break a tooth they get discouraged from looking after the rest of their teeth which can start a chain reaction! These days there are many options to achieve that beautiful smile and restore the self confidence and life satisfaction, here are few of those options:

1. Dental implants: They are great options



2. Porcelain Bridges: An alternative for people who are not suitable for implants, this will not only replace the missing tooth, but it will protect the adjacent teeth and improve the shape and colour, all within 2-3 weeks

3. All teeth on 4 implants: this is a revolutionary



4. Invisalign: the completely invisible way



to straight teeth (in case you didn't have a chance to do it while teenager!) (Price \$3000-8000)

5. Computer designed and Robot milled



Braces: for those difficult cases who are not suitable for invisalign and want fast results. (Price \$2500 - \$8000)

6. Lingual Braces: braces placed behind



the teeth, yet another option to achieve beautiful and straight teeth. (It is a bit more expensive than conventional braces)

7. Snap on smile: this is an alternative



to dentures, implants and veneers. It is of very low cost, it is a removable option that literally changes your whole look by just snapping it in place. It is suitable for people who have stained or discoloured teeth, missing teeth, crooked teeth, broken or uneven teeth, teeth with multiple fillings or anyone who wants a nicer smile. (Price \$2300 per arch)

8. Porcelain Veneers this was only



affordable for the rich and TV personalities, but these days they are very affordable to everyone and it seems to be the thing that most adults ask for and truly appreciate as it gives an instant transformation and permanent perfect straight white smile and a huge boost to personal and work relationships. This is suitable for people who have stained or discoloured teeth, crooked teeth, broken or uneven teeth, teeth with multiple fillings or anyone who wants a nicer smile. Veneers are thin shells that are bonded permanently to the outside surface of teeth to give us that amazing smile. (price \$800-1400 per veneer)

9. Sapphire and Zoom laser whitening



the dentist is the only person who can apply 37% hydrogen peroxide with Laser activation to achieve those whiter teeth everyone wants. Even though some beauty salons offer whitening it is not of the same efficacy and safety. We cover all the gums, isolate the teeth and safely finish the procedure without any harm to gums and teeth, something you are not guaranteed in beauty salons

We hope you find the information in this article helpful and regardless if you are young or old having shiny clean teeth will entice you to smile and be smiled at.



Just contact Advanced Dental Services, 102 Blackwall Road, Woy Woy Ph: 4341 1751  
email: woywoy@advanceddentalservices.com.au | www.advanceddentalservices.com.au



## Outdoor Privacy Screens

*Improve your property's overall look as well as the net worth...*

Backyard privacy screens are becoming an increasingly popular option for outdoor areas of all shapes and sizes, and with good reason. Spending time in your own backyard is a well-loved pastime for many people. But even with a perfectly manicured lawn or sublime outdoor setting, it is difficult to make the most of your alfresco

surroundings without a private area to enjoy it in. Maintain the required level of privacy between neighbours and other people living in close proximity. If you don't want your home or garden to be seen by anyone who walks past your home then using privacy screens in and around your property's boundaries makes a lot of sense. One of the

major benefits of privacy screens is that they allow you to do what you like without having any foreign eyes gazing you from afar and not only help maintain privacy, but also make the covered area more peaceful and quiet. Privacy screens are available in a wide range of designs, styles, colours and textures to compliment your personal space.

# Very Cool Shading Solutions

Be in control of your indoor and outdoor living



Opening Roofs

Internally & externally protect your home



Louvres & Shutters

Protect against the harsh environment



Blind & Awnings

Enjoy privacy, security & protection



Gates Fences & Screens

Louvreland Central Coast specialise in the supply and fit of Retractable and Opening Roofs, Vertical and Horizontal Aluminium Louvres, Internal & External Aluminium Plantation Shutters, Internal & External Blinds and Venetians.

We are also specialists in Motorisation

visit [www.louvreland.com.au](http://www.louvreland.com.au) | [www.louvrecentralcoast.com.au](http://www.louvrecentralcoast.com.au)

142 Henry Parry Drive, Gosford NSW Phone: 4324 2007 or 0413 886 674



## Signs of Depression and Suicidal Thoughts in Teens

**D**irector of Public Education and national trainer for Mental Health First Aid, Bryan Gibb, shares helpful warning signs and symptoms you should pay attention to in your teens.

If you're unsure if an adolescent in your life is depressed or just being a teenager, consider how long the symptoms have been present, how severe they are, and how different the teen is acting from his or her usual self. While some "growing pains" are to be expected as teenagers grapple with the challenges of growing up, dramatic, long-lasting changes in personality, mood, or behaviour are red flags of a deeper problem.

**Signs include:** Sadness or hopelessness, Irritability, anger, or hostility, Tearfulness or frequent crying, Withdrawal from friends and family, Loss of interest in activities, Changes in eating and sleeping habits, Restlessness and agitation, Feelings of worthlessness and guilt, Lack of enthusiasm and motivation, Fatigue or lack of energy, Difficulty concentrating, Thoughts of death or suicide.

### Effects of Teen Depression include:

**Problems at school.** Depression can cause low energy and concentration difficulties. At school, this may lead to poor attendance, a drop in grades, or frustration with schoolwork in a formerly good student.

**Running away.** Many depressed teens run away from home or talk about running away. Such attempts are usually a cry for help.

**Drug and alcohol abuse.** Teens may use alcohol or drugs in an attempt to "self-



medicate" their depression. Unfortunately, substance abuse only makes things worse.

**Low self-esteem.** Depression can trigger and intensify feelings of ugliness, shame, failure, and unworthiness.

**Internet addiction.** Teens may go online to escape their problems, but excessive computer use only increases their isolation, making them more depressed.

**Reckless behaviour.** Depressed teens may engage in dangerous or high-risk behaviours, such as reckless driving, out-of-control drinking, and unsafe sex.

**Violence.** Some depressed teens – usually boys who are the victims of bullying – become violent.

### Suicide Warning Signs in Teenagers

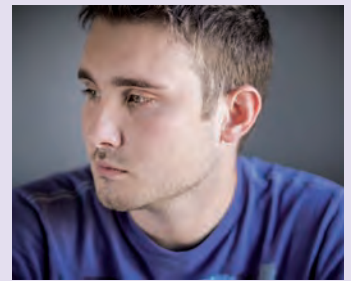
- Talking or joking about committing suicide
- Saying things like, "I'd be better off dead," "I wish I could disappear forever," or "There's no way out."
- Speaking positively about death or romanticizing dying ("If I died, people might love me more")

- Writing stories and poems about death, dying, or suicide
- Engaging in reckless behaviour or having a lot of accidents resulting in injury
- Giving away prized possessions
- Saying goodbye to friends and family as if for the last time
- Seeking out weapons, pills, or other ways to kill themselves

We all have good days and bad days. Then there are those days when something isn't quite right, you've got something on your mind, or things just seem too much. Whatever it may be, sharing the load with someone else can really help. So no matter who you are, or how you're feeling, you can talk it through with us – we'll point you in the right direction so you can seek further support.

Last year over 150,000 people in Australia contacted us about their concerns – both big and small – and you can too.

Contact us now for a chat **1300 224 636**



# GOT MOULD?

## PAINT PLACE HAS THE SOLUTION

### 5 YEAR GUARANTEE

Stays mould free for longer

### RESISTS CRACKING & PEELING

Making it perfect for both exterior & interior surfaces

### MOISTURE RESISTANT

Making it perfect for wet areas in the home

### SUPERIOR COVERAGE

Covers mould and stains in 2 x coats

### PREVENTS MOULD & MILDEW

Keeping your home mould free

### COLOUR

Your choice of colour and mould prevention in one!



**Paint Place Killarney Vale** 108 Wyong Rd, Killarney Vale Ph 4333 7771



**paint place**  
group of stores

\*See your local Paint Place expert for a step by step guide on how to treat and prevent mould & mildew.

# New Puppy?

## Lessons to teach your children

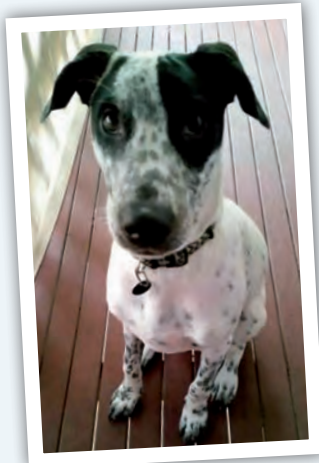
There are a few simple lessons you need to teach your children about interacting with your puppy.

Don't pat your puppy on his head, he prefers a chest or ear scratch. Don't pull your puppy's ears or tail or poke his eyes or nose. Don't approach your puppy from the back, he could easily get a fright and growl or snap. Don't disturb your puppy when he is eating or sleeping. Don't corner your puppy or block his flight path. Don't scream loudly and run away - your puppy will see this as an invitation to chase and start nipping. Leave your puppy alone when it moves away or starts growling.

Don't give your puppy orders. Puppies and young children can both be wild and show unpredictable behaviour. Young kids under the age of 7 and puppies should not be left unsupervised and be closely monitored.

It is normal for puppies to nip, as they explore the world with their mouths. Through biting they also entice their littermates into playing. If they bite too hard during play their mate will let out a yelp and walk away. This is how puppies learn to inhibit their nipping and biting - go too hard and the game stops. Teach your puppy that the same rules apply to you - when they bite you too hard, the game stops. Be consistent with how you react. If you sometimes allow biting, and sometime's don't, your puppy won't learn. Don't tease your puppy with your hands and fingers or use them as toys - get your puppy real toys to play with instead. Finish the game when you can feel your puppy's teeth on your skin.

*Remember, bite inhibition must be taught - it is not just a phase puppies will grow out of.*



# ATTENTION OWNER BUILDERS

HOW DO I GET  
THE RIGHT  
TRADES?

WHAT ABOUT DESIGN,  
PLANS, COUNCIL  
REQUIREMENTS,  
LICENCE!!!

WHERE DO  
I START?

WHO DO I  
TALK TO?

## ASK US!

Kincumber Mitre 10 can help you with the lot... materials, trades, supplier info...we can even help you apply for your Owner Builder Licence!

**Ask for Aaron or any of our knowledgeable Trade Centre staff**

**MIGHTY HELPFUL™**

**MITRE 10**  
TradeCentre

**KINCUMBER**

Supported by



**KERTA RD, KINCUMBER PHONE 4368 3866**



# Jack & Jones

shop online:  
[au.jackjones.com](http://au.jackjones.com)



  
**beachbox interiors**  
Rustic Urban Lifestyle Store

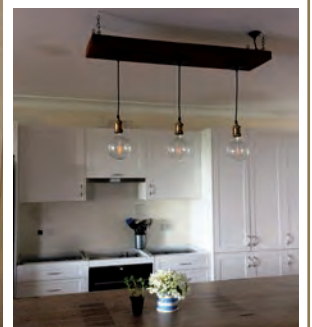
## Rustic Urban Lifestyle Store

*Custom made handcrafted furniture*

Shop online in our new webstore 24/7  
[www.beachboxinteriors .com.au](http://www.beachboxinteriors.com.au)

Phone 4385 7183  
2/18 Church Street Terrigal

Follow us on  
Facebook and  
Instagram



# Paisley Vintage offers unique, one of a kind furniture and decorator items

**P**aisley Vintage unique homewares boutique has a huge selection of bespoke furniture, home decor, gifts and desirable wares to choose from. Whether it's a French inspired sideboard, coastal dining set, vintage statement piece or decorator essentials, Paisley Vintage in Long Jetty offers an array of old and new homewares to suit any Central Coast home. Filled with creative

design ideas, we are also the exclusive local stockist of Chalk Paint™ by Annie Sloan. **Everything Old is New Again** Specialising in hand painted furniture, antique, vintage and retro furnishings which are lovingly restored and reinvented, creating statement pieces in a variety of styles and colours. The store also offers a collection of vintage treasures offering a quirky or old world touch to any décor.

**Chalk Paint™ by Annie Sloan** A revolution in furniture painting, Chalk Paint™ by Annie Sloan was developed 25 years ago and has become a worldwide phenomenon for anyone wanting to revive their old and tired furniture. Requiring no sanding or priming, Chalk Paint™ will adhere to many surfaces, including wood, metal, cement, glass and even fabric! The complete range of Annie Sloan products are available at Paisley Vintage, as well as regular workshops to get you started.

**Commissioned Work** Does your existing furniture need a makeover? Always wanted to refresh your furniture, but don't have the time, space or inclination?



Paisley Vintage will work with you to select the best style, colour and finish for your pieces using Chalk Paint™ by Annie Sloan, and then complete the work for you! Whether it's a small set of bedside tables or a room full of furniture, we can give your furniture a new lease on life. Contact the store direct for an obligation free quote.

Paisley Vintage is located at 13A Stella Street Long Jetty. Opening hours are 10am till 2.30pm Tuesday to Friday, 10am till 4pm Saturday and Sunday by appointment.

**www.paisleyvintage.com.au**  
**Phone: 0407 458 950**

## Want to give your furniture a makeover?

*Paisley Vintage is proud to be the Central Coast stockist of Chalk Paint™ by Annie Sloan*



**Chalk Paint™** offers endless possibilities!

Come in and see the beautiful range of **Chalk Paint™** colours and finishes perfect for any style home. Paisley Vintage also offers a unique range of furniture, soft furnishings, gifts and desirable wares.



**Chalk Paint™** adheres to most surfaces and creates gorgeous results both quickly and easily. **Use it for** a textured finish, a distressed finish, a smooth contemporary finish or even as a wash! **Chalk Paint™** is a non-toxic, water-based paint that is lead-free, EG-free, odour-free and has very low volatile organic compounds (VOCs). There is only one Chalk Paint™ but it offers endless possibilities.



*PaisleyVintage*

13A Stella Street, Long Jetty

**Tuesday to Friday** 10am till 2.30pm

**Saturday** 10am till 4pm **Sunday** by appointment

**Phone: 0407 458 950**

**www.paisleyvintage.com.au**



## Top Five tips to make feeding toddlers easier

From when babies first start eating solids, the tantrums and tears begin, as does the mess. Fussy eaters often refuse foods by throwing them away, putting more food on the floor than in their mouths. Teaching toddlers to feed themselves is a necessary and rewarding experience but comes with many challenges along the way. Ryan O'Neill, founder of innovative baby brand GizmoTots shares five tips to make the process easier.

### 1. Start small:

When babies first start to feed themselves it's advisable to start with only a few pieces of food at a time. Putting a bite-sized piece of soft fruit or cooked vegetable in front of a baby or in their fingers when they are ready to eat helps the child stay on task. Give each piece of food to the toddler one at a time.

### 2. Sit at the table:

When possible, always ensure the toddler is sitting at their highchair or the table. Sitting upright is important to prevent choking but it also helps to feed the child in the same place so they can learn the association between food and eating. Focusing on the task at hand without distractions helps the process too.

### 3. Patience!

It takes time for toddlers to learn themselves and it can be extremely frustrating when it doesn't go to plan or when they even take a step backwards. Mess is unfortunately a part of the process but it can be reduced by using

a silicone plate that sticks to the table or high chair so toddlers at least can't throw or knock over their whole plate.

### 4. Demonstrate:

Children learn so much from observing. While toddlers are learning to eat it's especially important to sit down for meals when possible and focus on eating together, even if it means the adults eat with their fingers to demonstrate the process. Minimise TV and technological devices while eating so there are less distractions and this gives kids the opportunity to watch how everyone else eats.

### 5. Make kids excited for meal times:

Cutting foods into shapes is a tried and tested technique to disguise food from fussy eaters. While it can help make meal times more appealing, it can be very time consuming. GizmoTots is a silicone plate made especially to help ease toddlers into self-feeding with eye-catching colours and designs. The plates are available in fun shapes, such as frog face and racing car, which help make all food look fun, without any extra preparation. Having special plates, cutlery or glasses for your toddler helps make meal times special and something they will look forward to.



Shop Online [www.gizmotots.com.au](http://www.gizmotots.com.au)

**GIZMOTOTS**

# Decks Screens Pergolas Gazebos

## Obligation Free Quote

- Decks/new & replacement
- Handrails/stainless steel cables
- All insurance work • Screens
- Stairs • Retaining walls
- Accredited MODWOOD installer

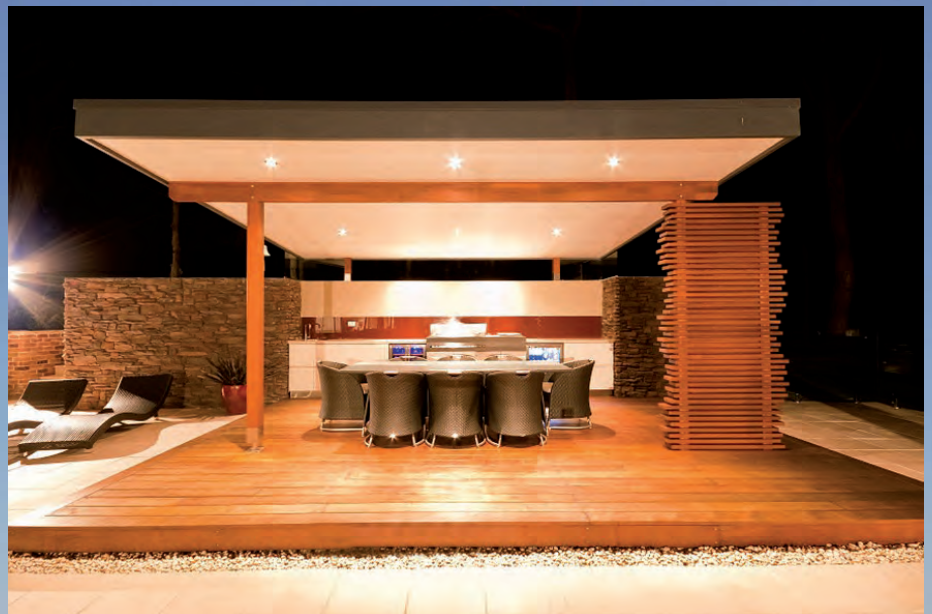


### Principal Owners

Adam & Lisa Lock

**4365 0097**

Lic R90280

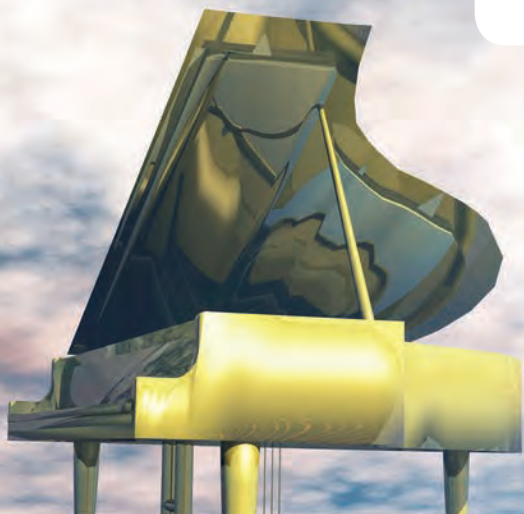


[www.coastaldecksandpergolas.com.au](http://www.coastaldecksandpergolas.com.au)

[info@coastaldecksandpergolas.com.au](mailto:info@coastaldecksandpergolas.com.au)

# THE DREAM CONCERT EXPERIENCE

Rod Stewart & Elton John



SATURDAY 24 JUNE 7.30PM  
TICKETS \$15 PER PERSON

TICKETS ON SALE NOW. RESERVED SEATING.  
TICKETS AVAILABLE FROM EVERGLADES RECEPTION OR ONLINE.



EVERGLADES

COUNTRY CLUB WOY WOY

**KIDS  
FUN  
EVERY  
FRIDAY  
FROM  
6PM**



*under a treehouse*

## EVERGLADES ROOKIE GOLF MEMBERSHIPS ONLY \$200\*

LEARN GOLF - STAY FIT - MAKE FRIENDS - HAVE FUN  
CALL US TODAY FOR MORE INFORMATION ON 4341 3399



\* Conditions apply.



### LOOKING FOR THE PERFECT LOCATION FOR YOUR UPCOMING WEDDING CELEBRATIONS?

EVERGLADES COUNTRY CLUB ARE WINNERS OF THE 2016 BRIDE'S CHOICE AWARDS FOR THE BEST WEDDING VENUE - GOLF & COUNTRY CLUB!

SAY YOUR "I DO'S" AT A PICTURESQUE AWARD WINNING VENUE, CONTACT US TODAY ON 4341 1866



EVERGLADES COUNTRY CLUB  
DUNBAN ROAD, WOY WOY | 4341 1866



**ALTRIO DINING:** Freshly made entrees, salads, pizzas, pastas, delicious mains, steak, chicken Kids Menu also available. Chef prepares daily. Lunch Daily From 12.00pm, Dinner from 5pm.

#### Weekly Dinner Specials



**KIDS FUN EVERY FRIDAY FROM 6PM**

**Trivia on Tuesday's 7pm**

**Cafe Open Daily From 9.00am**

**BAREFOOT BOWLS**

Cost: \$5.00 per head  
Parties, Birthdays, or any celebration

**CONTACT US TO BOOK A PICK UP PH: 4341 1866**  
Pick-ups & Drop-offs from the club on the hour.

Gala Day Thursday's from 10.30am in the Auditorium  
**WAYNE CORNELL IS BACK WITH...**  
special guest artists  
Only \$14.00 per person

Trading Hours - Club Open Daily from 9am  
Dunban Road, Woy Woy  
[www.everglades.net.au](http://www.everglades.net.au)

Pro Shop Open Daily from 6.00am  
Members Badge Draws





**SPINNAKERS BRASSERIE AT GOSFORD SAILING CLUB** offers a relaxed dining experience for casual, contemporary meals with exceptional service. With all the traditional favourites plus creative new dishes and seasonal changes, the menu has something to satisfy every palate, with tempting daily specials.

Complementing the mouth-watering meals are the breath-taking views of Brisbane Water. No matter where you are seated in the Club, you have a view of the water and the kaleidoscope of activity and scenery. For

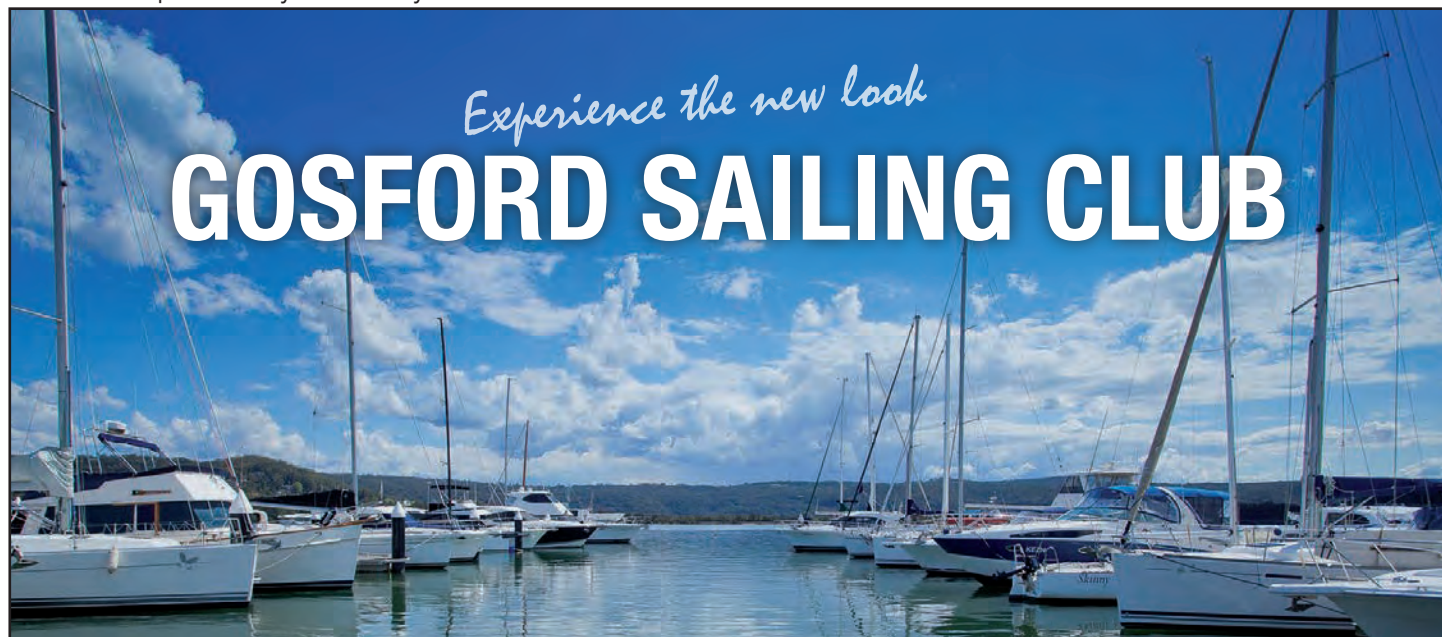
evening dining, nature puts on spectacular sunsets, especially for our guests.

Dine inside in air-conditioned comfort or outside on the newly renovated club terrace for a carefree al fresco feel. Ask the friendly bar staff to suggest something from the extensive beverage list to accompany that seafood platter for two or Spinnakers traditional Aussie Damper Burgers or the house-made Crème Brulee!

Spinnakers Brasserie menu also offers vegetarian and gluten-free options as well as a children's menu. Whether you're dropping in,

booked for a special occasion or having a party the combination of delicious food and professional service will keep you coming back again and again! Even more incentive to join the club. Our members benefit from a special discount.

Spinnakers Brasserie Trading Hours Lunch Monday - Saturday 12pm - 3:00pm, Sunday 12pm - 4pm Dinner Monday - Saturday 6pm - 8:30pm. For bookings phone: 4325 7216



*Experience the new look*

# GOSFORD SAILING CLUB



**“EXPERIENCE THE ALL NEW SPINNAKERS BRASSERIE”**

Open for Lunch & Dinner Monday - Saturday and Sunday Lunch till 4pm



**EXPERIENCE OUR REGULAR LIVE ENTERTAINMENT & PROMOTIONS**

Raffles Wed & Fri/Trivia Thursdays Live Music Saturday's/Poker Sunday's Experience our friendly & professional staff Experience the breathtaking views over Brisbane Water



Phone us today 02 4325 7216 | email [info@gossail.com.au](mailto:info@gossail.com.au) | 28 Masons Parade Gosford | [www.gosfordsailingclub.com](http://www.gosfordsailingclub.com)



# CENTRAL COAST LIMOUSINES & HIRE CARS

EXPERIENCE THE DIFFERENCE



LUXURY TRANSPORT SERVICES

[www.centralcoastlimousines.com.au](http://www.centralcoastlimousines.com.au)

Ph: 4324 5115

TRANSFERS FOR:

AIRPORT

WEDDINGS

CORPORATE EVENTS

CRUISE SHIP

SPECIAL EVENTS

DVA

PRIVATE

MINI BUS TOURS

WINERY TOURS

PRIVATE YACHT  
CHARTERS FOR  
SMALL INTIMATE  
GROUPS

Central Coast Limousines provides professional luxury transport services for private and corporate individuals. We offer a premium service which includes being greeted by one of our courteous, professional and well-presented drivers, assisted with your luggage and delivered safely to your destination, free to relax in chauffeur driven comfort.

Choose from one of our popular signature and destination services or create your own. Private transfers include: Winery tours, Formals, Concerts, Special events, Executive transport, Funeral Services or Airport Transfers. Private Transfer vehicles range from our executive Sedans (up to 4 passengers), our Stretch Limousines (up to 7 passengers), and our 11 seater executive transporter.

As a Corporate client you'll be extended every courtesy including your own personal driver. Corporate travellers receive a complete range of services such as; Point to point transfer, Document Transfer, Special Events and Executive transport.

Weddings - we pride ourselves on making your Wedding day as stress free as possible. And while being on time is not always the brides' intention, getting there in comfort and

style is. At Central Coast Limousines we pride ourselves on our wedding day packages with our aim being to make your wedding day truly memorable. We offer two bridal packages, Signature and Deluxe.

After Wedding Getaway - When your big day is over and you're ready to retreat to your honeymoon destination, your driver will be standing by to whisk you away to begin your new life together. Whether the destination is an airport, a hotel or back home, you'll be delivered in style and comfort

Chauffeur driven Mini Bus - We also offer clients, small groups and large families the option of a chauffeur driven Mini Bus. Whether you're heading to the airport, cruise ship terminal, a function, winery, restaurant or simply want to organise your own private tour, we have just the vehicle for your next event.

Yacht Charter - Explore the waterways of the Central Coast in style aboard our executive 35 foot Yacht. Whether your plan is to combine the magic of your special occasion with a sail around the coast, include our beautiful coastline as a backdrop for your photography or introduce family, friends, clients or guests to our pristine waterways - we have the perfect option for small groups.

To book or obtain a quote call Central Coast Limousines on 4324 5115  
[www.centralcoastlimousines.com.au](http://www.centralcoastlimousines.com.au)





**Live Music every Friday and Saturday nights**

**FREE**

# CHECK OUT OUR NEW BURGER OF THE WEEK!

A NEW WEEK,

.....A NEW BURGER CREATION! .....



**NOW OPEN  
UNTIL 2AM  
FRIDAYS &  
SATURDAYS**

Vive la France

**5th June - 16th July**

**PRELIMINARY DRAWS**  
Thursday @ 7pm, 7:20pm,  
7:40pm, 8pm, 8:20pm and;  
Sundays @ 4pm, 4:20pm,  
4:40pm, 5pm, 5:20pm

**BONUS PRELIM DRAWS EVERY DAY IN FRANCE WEEK**  
Monday 10th July - 1pm and 6pm  
Tuesday 11th July - 1pm and 6pm  
Wednesday 12th July - 1pm and 6pm  
Thursday 13th July - 1pm  
Friday 14th July - 1pm and 8:30pm  
Saturday 15th July - 1pm and 6pm

**MAJOR DRAW  
SUNDAY 16TH JULY @ 6PM**

## France Week 10th July - 16th July.

French Food Specials  
Beverage Specials  
Bonus Holiday  
Preliminary Draws



### Bingo

- Monday, Tuesday, Wednesday, Thursday, Friday from 10:30am  
**First Book FREE Thursday**

### Meat Raffles

- Fridays: 70 Meat Trays to be won Tickets on sale from 5pm **drawn at 7pm**
- Sundays: Tickets on sale 12:30pm **drawn at 2pm**

### Bistro

- Monday and Tuesday - **PASTA NIGHT**  
**Classic from \$10.50 GOURMET FROM \$17.50**
- Wednesday and Thursday - **CHOOSE YOUR OWN STEAK**  
**Steak and drink from \$11.50**
- Sunday Set Menus - **2 COURSE MAIN AND DESSERT**  
**\$18 for Members | 3 COURSE - \$24 for Member**  
**NEW DISHES EACH WEEK!**

### Live Music

- Every Friday and Saturday night **FREE** in the main lounge from 7:30pm
- Every Sunday afternoon **FREE** in the main lounge from 2:30pm

### Bus

Mon-Thur from 5pm  
Fri & Sat from 4pm  
Sun from 3pm  
Pick ups call  
**02 4343 9999**



[www.clubumina.com.au](http://www.clubumina.com.au)  
Melbourne Avenue, Umina Beach  
**Phone: 4343 9999**



# Printing Framing Wall Art

Bring your space to life  
with beautiful wall art!



Visit  
us  
now



Stunning  
WALL ART



that *inspires*



Visit  
us  
now

& transforms your space.

To view our huge online gallery of wall art print images, go to [www.deluxeartprints.com.au](http://www.deluxeartprints.com.au).  
To order prints of your own photos, go to [www.deluxeart.com.au](http://www.deluxeart.com.au).



## Products and Services:

- Wall Art Prints
- Central Coast Landscape Prints
- Acrylic Printing
- Fine Art Printing
- Canvas Printing
- Original Paintings
- Custom Picture Framing
- 3D/ Jersey Framing
- Giclee Printing
- Photo Restoration

[www.deluxeartprints.com.au](http://www.deluxeartprints.com.au) | [www.deluxeart.com.au](http://www.deluxeart.com.au)

Unit 1, 160 The Entrance Road, Erina | Ph 02 4342 4993 | E [contact@deluxeart.com.au](mailto:contact@deluxeart.com.au)  
Near round-a-bout Cnr Karalta Rd & The Entrance Rd (parking at rear)

# Kabul Gallery Persian Rugs

**ART FOR YOUR FLOOR**

SERVICE  
WASHING  
REPAIRS

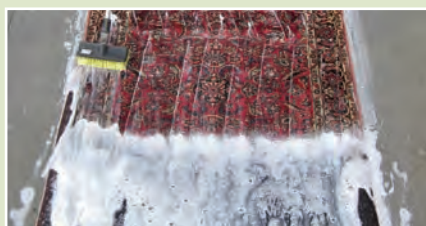
AFFORDABLE  
LUXURY RUGS



**WE  
GUARANTEE  
to BEAT  
ANY  
PRICE**



**Handmade Rugs at  
Wholesale Prices**



## Rug Cleaning and Repair Services

We also offer a complete rug cleaning and rug repair service. Either you bring the rug to our showroom, or we'll come to your home or office and provide a free, no obligation quote.



**3/160 The Entrance Road, ERINA | Ph 0430 200 972**

Near round-a-bout Cnr Karalta Road and The Entrance Rd (parking at rear)

**VISIT OUR NEW SHOWROOM NEXT DOOR**



# Grand Booker Bay Waterfront Property!

## DEEPWATER WITH JETTY & BOATSHED!

166 Booker Bay Road, Booker Bay NSW 2257    **Price: EOI Bed 5 | Bath 3 | Car 4 | Land Area 689.2sqm**

This sprawling master built home is located in Booker Bay's most sought after location with direct deep-water frontage. You can literally walk out the front & 'throw a line in' from your private beach and jetty or jump onto the boat and explore Brisbane Waters and beyond.

Comprising 5 bedrooms plus study, 3 bathrooms, enormous living rooms with stacker doors ensuring the views and indoor-outdoor appeal is unimpeded, spacious upper balcony, all weather entertaining deck, jetty, slipway and boat storage, plus 4 car garage... the features on this property are staggering!

This home is massive with light-filled open plan areas, plenty of storage and stunning views from both levels. Every room is oversized and provides great storage options. The main bedroom is huge and features walk in robe, ensuite and amazing views of Brisbane Water.

The aspiring chef of the house is not forgotten with a kitchen every entertainer dreams of. It features quality appliances; built in deep fryer, stone grill and stone bench tops providing plenty of space.

The home offers multiple living zones, including a large open space that would house a full size snooker table, family room, lounge room and additional spacious living quarters with uninterrupted water views. The living zones continue outside with 2 covered entertaining decks - the perfect place to escape, relax and enjoy your own private slice of paradise.

Boats and cars are well catered for in this amazing home. Lock up garaging for 4 large cars plus a jetty with berth for the boat and boatshed with slip that allows you to store a boat under the home.

How many boxes can one property tick? This home is being offered below replacement value and is ready to be loved by a new family.

**To view more properties go to [randwuminabeach.com.au](http://randwuminabeach.com.au)**



**R&W**

Richardson & Wrench Umina Beach | 198 West Street, Umina Beach

uminabeach@randw.com.au | website: [www.randwuminabeach.com.au](http://www.randwuminabeach.com.au)

Telephone: (02) 43 444 666 | Fax: (02) 43 411 220